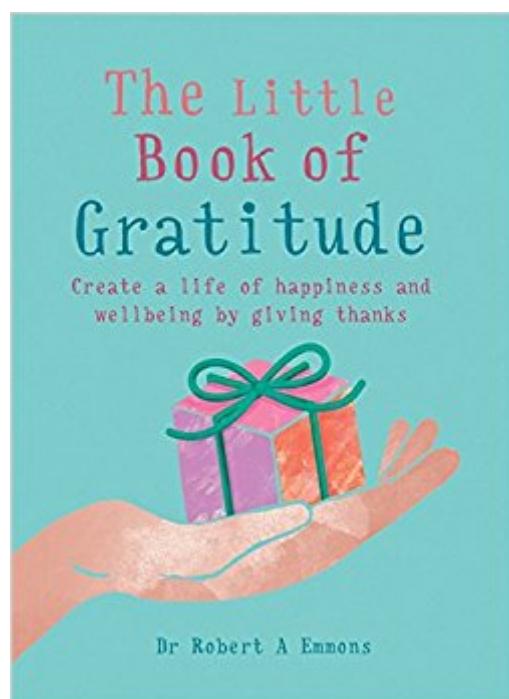


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# The Little Book Of Gratitude: Create A Life Of Happiness And Wellbeing By Giving Thanks (MBS Little Book Of...)



## **Synopsis**

Gratitude is the simple, scientifically proven way to increase happiness and encourage greater joy, love, peace, and optimism into our lives. Through easy practices such as keeping a daily gratitude journal, writing letters of thanks, and meditating on the good we have received, we can improve our health and wellbeing, enhance our relationships, encourage healthy sleep, and heighten feelings of connectedness. Easily accessible and available to everyone, the practice of gratitude will benefit every area of your life and generate a positive ripple effect. This beautiful book discusses the benefits of gratitude and teaches easy techniques to foster gratitude every day. It also includes an 8-week gratitude plan.

## **Book Information**

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## **Customer Reviews**

"When I want my executive coaching clients to understand the awesome power of gratitude in business and in life, I direct them to the pioneering research and inspired writing of positive psychology researcher, Robert Emmons. In *The Little Book of Gratitude*, Emmons has taken years of gratitude research and science-based practices and distilled them into this fun-to-read, immediately practical, and attractively slim volume. In today's world of competing priorities for our time, it's refreshing that you can read *The Little Book of Gratitude* during a long lunch or a short plane ride. Transform your life, read this book. Transfer your relationships, give this book to the people you care about." - David J. Pollay, best-selling author of *The Law of the Garbage Truck* and *The 3 Promises*, [www.davidpollay.com](http://www.davidpollay.com)

Robert Emmons, PhD, is a Professor of Psychology and Lab Director of the Emmons Lab at University of California, Davis. He is the world's leading scientific expert on gratitude and the founding editor-in-chief of The Journal of Positive Psychology. He is a prominent speaker and the author of numerous books, including *Gratitude Works!: A 21-Day Program for Creating Emotional Prosperity* (Jossey Bass, 2013) and *Thanks! How the New Science of Gratitude Can Make You Happier* (Houghton Mifflin, 2008), *The Psychology of Ultimate Concerns: Motivation and Spirituality in Personality* (Guilford Press, 2003), *The Psychology of Gratitude* (OUP USA, 2004) and *Words of Gratitude for Mind, Body and Soul* (with Joanna Hill, Templeton Foundation Press, 2002) in addition to hundreds of articles.

If you want to learn about gratitude, the person to go to is Dr. Bob Emmons. *The Little Book of Gratitude* is an amazing resource for folks who want to be introduced to this subject as well as some of us who already practice and teach gratitude. Dr. Emmons gives us the research and provides related activities – things to do today to increase our happiness and wellbeing. I will often refer to this little book in my workshops and coaching. Thank you Dr. Emmons for an amazing little book of gratitude.

"Gratitude enables a person to feel good and also to do good." Indeed - and Dr. Robert Emmons has done a masterful job of teaching us how to create & grow our own practice of gratitude. The 100 "little" pages are filled with enormously powerful ideas and tools. He has woven a beautiful tapestry of the science, beauty and power of "giving away the goodness." I purchased ten copies to give for holiday gifts and will be getting more - - rarely can you give a gift that is life changing. This is one. Thanks, Bob Emmons, for doing and then skillfully translating the science, for inspiring us to change the way we approach our daily lives and how we interact with the world.

Lovely color drawings. This book is a great intro to gratitude. It combines a nice blend of short activities as well as things to think about.

Wonderful book and subject.

I read it in one sitting and have bought copies for friends. This sounds simple, but it is powerful stuff. Lots of interesting research findings mentioned to give you confidence to try some of the

suggestions here. I love this book.

Good common sense and reminders on how to live life....

Easy little read that will leave you feeling great.

This is a lot of book in this small package. I have given many of them to friends as a gift for no reason.

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