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Gratitude Works!: A 21-Day Program for Creating Emotional Prosperity

By Robert A. Emmons



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By Robert A. Emmons

A purposeful guide for cultivating gratitude as a way of life

Recent dramatic advances in our understanding of gratitude have changed the question from "*does gratitude work?*" to "*how do we get more of it?*" This book explores evidence-based practices in a compelling and accessible way and provides a step-by-step guide to cultivating gratitude in their lives. *Gratitude Works!* also shows how religious, philosophical, and spiritual traditions validate the greatest insights of science about gratitude.

- New book from Robert Emmons the bestselling author of *Thanks*
- Filled with practical tips for fostering gratitude as a way of life
- Includes scientific research as well as religious and philosophical insights to show how gratitude can work in our lives

From Robert Emmons, the bestselling author of *Thanks*, comes a resource for cultivating a life of gratitude practices.



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Editorial Review

Amazon.com Review

From the Author: Surprising Findings from the Science of Gratitude

The science of gratitude has revealed a number of surprising and counterintuitive findings. Among these:

Thanking is Thinking

Students who practice gratitude increase their grade point average.

Less is More

Occasional gratitude journaling boosts well-being more than does the regular practice of counting blessings.

Remember the Bad

Remembering one's sorrows, failures, and other painful experiences is more beneficial to happiness than recalling only successes.

Seize the Day

Becoming aware that a very pleasant experience is about to end enhances feelings of gratitude for it.

The George Bailey Effect

Thinking about the absence of something positive in your life produces more gratitude and happiness than imagining its presence.

The Eccentric Privilege of Life

Reflecting about one's own death produces an increase in gratitude in comparison to two control conditions.

Pass the Tissues

Watching a tear-jerker increases gratitude more than does watching a comedy film.

Gratitude Deficit Disorder

Although women are more grateful than men, people who benefit most from gratitude journaling are those men who are initially less grateful before they begin to journal.

Review

"Gratitude Works! is a must read! Robert Emmons, the world's leading gratitude researcher, offers a science-based prescription for transforming our lives personally and professionally through the power of gratitude. Gratitude Works! is one of those books you will want to share with all the people you care about. It is a gift to us all."—**David J. Pollay**, author of *The Law of the Garbage Truck: How to Stop People from Dumping on You*

"Everyone on this planet has one common wish: to be happy. When I allowed gratitude to enter my everyday life, I found my happiness and my performance skyrocketed. I always enjoy listening to Dr. Emmons talk about this amazing topic. Read this book!"—**Ed Tseng**, author of *Game. Set. Life. - Peak Performance for*

Sports and Life

From the Inside Flap

"Gratitude is important not only because it helps us *feel good*, but also because it inspires us to *do good*. Gratitude heals, energizes, and transforms lives...

Gratitude takes us outside our scope so we see ourselves as part of a larger, intricate network of sustaining relationships, relationships that are mutually reciprocal."

—From the Preface

From Robert Emmons, the best-selling author of *THANKS!*, comes a vital resource that shows us how to tap into the power and grace of gratitude. Emmons draws on a wide array of research, including his own, to show that the practice of gratitude can have dramatic and lasting effects on and in our lives. It can lower blood pressure, improve immune function, promote happiness and well-being, and spur acts of helpfulness, generosity, and cooperation.

The organic metaphor of "growing gratitude" is a powerful image for conveying basic truths of how we reap the benefits of a more gratitude-filled life. We do not acquire gratitude; we cultivate it through daily practices that make it a deeply ingrained disposition. This accessible book provides a twenty-one-day, step-by-step guide for cultivating gratitude practices—the concrete things you can do to grow your mind and direct your actions toward a more grateful worldview. Through practice, giving thanks grows from the ground of one's being. Grateful feelings, once buried, can surface if we take the time to notice and reflect.

A French proverb states that gratitude is the memory of the heart—it is the way that the heart remembers. If you want to be a grateful person then you must remember to remember. *Gratitude Works!* will show you how.

Users Review

From reader reviews:

Eleanor Hayes:

Why don't make it to be your habit? Right now, try to ready your time to do the important behave, like looking for your favorite reserve and reading a e-book. Beside you can solve your short lived problem; you can add your knowledge by the publication entitled Gratitude Works!: A 21-Day Program for Creating Emotional Prosperity. Try to face the book Gratitude Works!: A 21-Day Program for Creating Emotional Prosperity as your close friend. It means that it can to get your friend when you sense alone and beside associated with course make you smarter than in the past. Yeah, it is very fortunated to suit your needs. The book makes you considerably more confidence because you can know anything by the book. So , we should make new experience in addition to knowledge with this book.

Samantha Williams:

Now a day people who Living in the era exactly where everything reachable by talk with the internet and the resources inside can be true or not require people to be aware of each details they get. How individuals to be

smart in having any information nowadays? Of course the solution is reading a book. Examining a book can help men and women out of this uncertainty Information mainly this Gratitude Works!: A 21-Day Program for Creating Emotional Prosperity book because this book offers you rich information and knowledge. Of course the information in this book hundred pct guarantees there is no doubt in it you know.

Bertha Boone:

Information is provisions for anyone to get better life, information today can get by anyone in everywhere. The information can be a expertise or any news even a problem. What people must be consider when those information which is within the former life are hard to be find than now could be taking seriously which one is suitable to believe or which one the actual resource are convinced. If you receive the unstable resource then you buy it as your main information you will have huge disadvantage for you. All of those possibilities will not happen within you if you take Gratitude Works!: A 21-Day Program for Creating Emotional Prosperity as your daily resource information.

Christopher Gonzalez:

Gratitude Works!: A 21-Day Program for Creating Emotional Prosperity can be one of your starter books that are good idea. All of us recommend that straight away because this e-book has good vocabulary that can increase your knowledge in words, easy to understand, bit entertaining but still delivering the information. The article author giving his/her effort to set every word into satisfaction arrangement in writing Gratitude Works!: A 21-Day Program for Creating Emotional Prosperity but doesn't forget the main point, giving the reader the hottest in addition to based confirm resource info that maybe you can be one of it. This great information may drawn you into brand new stage of crucial imagining.

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