

# Gratitude Works Emmons Robert A

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dr emmons editor in chief of the journal of positive psychology puts albert schweitzers famous dictum gratitude is the secret to life to a rigorous scientific test the author draws on the first major study of the subject to show how the cultivation of gratitude can measurably change peoples lives

gratitude is first and foremost a way of seeing that alters our gaze gratitude is the simple scientifically proven way to increase happiness and encourage greater joy love peace and optimism into our lives it s not just good medicine though a nice sentiment a warm fuzzy feeling or a strategy or tactic for being happier or healthier it is also the truest approach to life we did not create or fashion ourselves and we did not get to where we are in life by ourselves living gratefully begins with affirming the good and recognizing its sources it is the understanding that life owes you nothing and all the good you have is a gift accompanied by an awareness that nothing can be taken for granted featuring beautiful illustrations and simple exercises this is the perfect little book to help you practice gratitude improve your health and wellbeing enhance your relationships encourage healthy sleep heighten feelings of connectedness

gratitude like other positive emotions has inspired many theological and philosophical

writings but it has inspired very little vigorous empirical research in an effort to remedy this oversight this volume brings together prominent scientists from various disciplines to examine what has become known as the most neglected emotion the volume begins with the historical philosophical and theoretical foundations of gratitude then presents the current research perspectives from social personality and developmental psychology as well as from primatology anthropology and biology the volume also includes a comprehensive annotated bibliography of research on gratitude this work contributes a great deal to the growing positive psychology initiative and to the scientific investigation of positive human emotions it will be an invaluable resource for researchers and students in social personality and developmental clinical and health psychology as well as to sociologists and cultural anthropologists

the handbook on research in relationship marketing includes contributions from relationship marketing experts in business to business business to consumer global services technology and a variety of other contexts of practice academics students a

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

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