



# Thanks!: How the New Science of Gratitude Can Make You Happier

By Robert Emmons

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**Thanks!: How the New Science of Gratitude Can Make You Happier** By Robert Emmons

**The first major study of gratitude that shows how “wanting what we have” can measurably change people’s lives.**

Did you know that there is a crucial component of happiness that is often overlooked? Robert Emmons—editor-in-chief of the *Journal of Positive Psychology*—examines what it means to think and feel gratefully in *Thanks!* and invites readers to learn how to put this powerful emotion into practice. Scientifically speaking, regular grateful thinking can increase happiness by as much as 25 percent, while keeping a gratitude journal for as little as three weeks results in better sleep and more energy. But there's more than science to embrace here: Emmons also bolsters the case for gratitude by weaving in writings of philosophers, novelists, and theologians that illustrate all the benefits grateful living brings.

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### Editorial Review

From Publishers Weekly

This fine, succinct contribution to the relatively new field of positive psychology (which seeks to promote emotional wellness, rather than treat disorder) focuses on what a French saying calls the memory of the heart. Emmons (*The Psychology of Gratitude*), a leader in the field and professor at UC-Davis, looks at gratitude from an interdisciplinary perspective, including literature, psychology, religion and anthropology. He demonstrates how it contributes to emotional equanimity and pleasure, richer personal relationships and greater health. Perhaps Emmons's most interesting chapter is on ingratitude, which Kant called the essence of vileness and which Emmons sees as resulting from the grudging resentment of one's own dependence on others. Gratitude is more... than a tool for self-improvement. Gratitude is a way of life Emmons says, and he ends by offering 10 ways to cultivate gratitude, including keeping a gratitude journal and learning prayers on gratitude. Emmons introduces an important topic through deftly synthesizing scientific and popular inspirational literature. (Aug. 6)

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### Review

"We can all be grateful to Robert Emmons for this pioneering work." --David G. Myers, Ph.D., author of *The Pursuit of Happiness*

"Robert Emmons is the world's leading expert on the psychology of gratitude. . . This is a morally elevating book." --Jonathan Haidt, author of *The Happiness Hypothesis*

"I am convinced Robert Emmons is right: increasing the national state of gratitude would change the world." --Jim Clifton, Chairman & CEO of The Gallup Organization

"Emmons presents clear and practical ways in which everyone can begin to immensely improve their quality of life." --Dallas Willard, Professor of Philosophy at USC as well as author of *Renovation of the Heart*

"Gratitude's benefits should be enough to convince even the most cynical secularist that this emotion is essential for achieving happiness." --Spirituality & Practice Magazine

"A serious, skillful exploration of a current arena of psychological research, by one of the leaders in that emerging field." --Steve Heilig *The San Francisco Chronicle*

### About the Author

DR. ROBERT EMMONS is a professor at the University of California, Davis, and one of the leading scholars in the positive psychology movement. He is also editor-in-chief of the *Journal of Positive Psychology*. His work on gratitude has been featured in the *Washington Post*, the *New Republic*, *Newsweek*, and other mainstream media. Dr. Emmons has received multiple grants from the National Institute of Mental Health and the John Templeton Foundation.

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#### **Jaleesa Greenwood:**

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#### **Dick McAlister:**

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#### **Virginia Dunn:**

Precisely why? Because this Thanks!: How the New Science of Gratitude Can Make You Happier is an unordinary book that the inside of the reserve waiting for you to snap this but latter it will shock you with the secret the idea inside. Reading this book next to it was fantastic author who have write the book in such remarkable way makes the content on the inside easier to understand, entertaining technique but still convey the meaning fully. So , it is good for you because of not hesitating having this any more or you going to regret it. This phenomenal book will give you a lot of advantages than the other book possess such as help improving your talent and your critical thinking technique. So , still want to hesitate having that book? If I were you I will go to the reserve store hurriedly.

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