

# [PDF] Thank You Power: Making The Science Of Gratitude Work For You

Deborah Norville - pdf download free book

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**Books Details:**

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Author: Deborah Norville

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## Description:

### About the Author

**Deborah Norville** is the anchor of *Inside Edition*, the nation's longest running, top-rated syndicated newsmagazine with five million viewers. The two-time Emmy-Award winner and lecturer is also a *New York Times* best-selling author. She and her husband have three children.

--This text refers to the edition.

**From** Though overcoming the book's feel-good title is a tall order, Deborah Norville's empowering writing and straight-ahead reading make this audio a serious resource for anyone who has issues

with negativity. Her research summaries and moving case narratives are paced for easy comprehension, and together they make the argument that gratitude and positive feelings are a cause, rather than a result, of the good life. The studies, mainly from the field of positive psychology, show how saying thanks improves thinking, emotional functioning, health, relationships, and resistance to stress--all by focusing on our blessings rather than on what's missing or wrong in our lives. Suggestions for cultivating thankfulness give the audio an activist tone that will appeal to people at all stages of personal growth. T.W. © AudioFile 2009, Portland, Maine --This text refers to the edition.

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