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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.

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Overview. 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.

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The Little Book of Gratitude: Create a Life of Happiness and Wellbeing by Giving Thanks (The Little Books) Paperback – 14 July 2016 by Dr Robert A Emmons PhD (Author) 4.4 out of 5 stars 234 ratings

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If you're looking for a straightforward guide to cultivating a grateful mindset, Gratitude Works is a good place to start. The book pairs scientific findings with the philosophical, religious and spiritual reasons for gratitude. Full of tips, this book gives actionable steps for becoming more grateful. 05 of 20.

## **20 Best Books on Gratitude - Mydomaine**

The movie and book THE SECRET propelled the magic of gratitude onto centre stage with a simple formula of think of it, thank the universe for it, and it happens. While there are a few important steps missing in this (for instance, you really need to act on a few things along the way as well for anything to happen) there

### **The Power of Gratitude**

The Gratitude Jar is a book that has come to light when the world deeply needs to hear its message. The story itself is a heartwarming, inspirational tale of spiritual transformation and self-discovery, but it is also a guidebook with the power to instantly release the negative belief systems no longer serving you...and to direct your steps with new energy onto the path of joy and personal freedom.

### **The Little Book of Gratitude by Dr Robert A Emmons ...**

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, written by Dr Robert A Emmons, Professor of Psychology at UC Davis, California, discusses the benefits of gratitude and teaches easy techniques to foster gratitude every day.

### **The Little Book of Gratitude on Apple Books**

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## **The Little Book of Gratitude by Robert Emmons | NOOK Book ...**

An uplifting collection of 365 quotes, The Little Book of Gratitude Quotes encourages kindness, thankfulness, and being appreciative for what life offers. Thematically arranged in twelve sections that include "Compassion," "Forgiveness," "Kindness," "Success," and "Wisdom" the book includes a gratitude checklist and lots of food for thought.

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