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Thanks!: How the New Science of Gratitude Can Make You ... This is a quote from Robert Emmons' book "Thanks! How the New Science of Gratitude Can Make You Happier". The book is all about the latest research of gratitude and how it can help us live a happier life. In this article I want to share 9 key takeaways I got from reading this book. Enjoy, and thanks for checking it out:
9 Key Lessons On Gratitude From "Thanks!" by Robert Emmons
Author: Robert Emmons (2007, Houghton Mifflin) Reviewed by Marc Bernstein I discovered Robert Emmons' book, Thanks! How the New Science of Gratitude Can Make You Happier, at a difficult moment in my life. My wife had just been diagnosed with pancreatic cancer; one doctor gave her six to nine months to live; another, six to 12.
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by as much as 25 percent, while keeping a gratitude journal for as little as three weeks results in better sleep and more energy.

Thanks How The New Science Of Gratitude Can Make You ...

This is a quote from Robert Emmons' book "Thanks! How the New Science of Gratitude Can Make You Happier". The book is all about the latest research of gratitude and how it can help us live a happier life. In this article I want to share 9 key takeaways I got from reading this book. Enjoy, and thanks for checking it out:

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Author: Robert Emmons (2007, Houghton Mifflin) Reviewed by Marc Bernstein I discovered Robert Emmons' book, Thanks! How the New Science of Gratitude Can Make You Happier, at a difficult moment in my life. My wife had just been diagnosed with pancreatic cancer; one doctor gave her six to nine months to live; another, six to 12.

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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.

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

Thanks!: How the New Science of Gratitude Can Make You Happier Robert Emmons. Did you know that there is a crucial component of happiness that is often overlooked? In the pages of this eminently readable book, Robert Emmons -- editor in chief of the Journal of Positive Psychology -- draws on the first major

study of the subject of gratitude, of ...
Giving thanks can make you happier - Harvard Health

Emmons' Thanks! is much more science-oriented than I expected. I should have been queued in by the "New Science of Gratitude" bit. Essentially, the entire 200+ pages are one gigantic argument for the thesis that a grateful mindset can improve an individual's overall happiness.

The New Science of Gratitude - The Positivity Project

Gratitude Works!: The Science and Practice of Saying Thanks [Robert Emmons] Bradyn Meyer Book

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Write a thank-you note. You can make yourself happier and nurture your relationship with another person by writing a thank-you letter expressing your enjoyment and appreciation of that person's impact on your life. Send it, or better yet, deliver and read it in person if possible. Make a habit of sending at least one gratitude letter a month.

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