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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  
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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



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gave her six to nine months to live;  
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As we move into the Thanksgiving season and work with our students on the character strength of gratitude, try this exercise as a way of pushing your students beyond simply saying thank you. Use this time to discover gratitude as a mindset.

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Professor at the University of  
California, Davis, Robert Emmons is  
one of the world's leading experts on  
the science of gratitude. This book is

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packed with wisdom on both the scientific underpinnings of gratitude as well as practical steps we can engage in to make it a bigger part of our lives.

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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

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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!  
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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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Thousands of desperate Texans wait  
in line at drive-thru food bank in hope  
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