



Thank You Power: Making the Science of Gratitude Work for You

Deborah Norville

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Deborah Norville's groundbreaking and persuasive book argues that gratitude is the secret key to unlocking one's full life potential.

Thank You. Can such small words hold life-changing power? Yes! Rooted in science, presented from a spiritual perspective, *Thank You Power* details the surprising life improvements that can stem from the practice of gratitude. In this eye-opening book, Deborah Norville brings together for the first time the behavioral and psychological research that prove what people of faith have long known: giving thanks brings life blessings.

Beginning with two small words, *thank you*, Norville shows how anyone can be happier and more resilient, have better relationships, improved health, and less stress. After two years of scientific research, Norville brings it all together with powerful personal stories of thank you power in action and gives specific steps for readers to cultivate thank you power and put it to work in their own lives.

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From reader reviews:

Mark Blanding:

Spent a free time to be fun activity to try and do! A lot of people spent their sparetime with their family, or their friends. Usually they carrying out activity like watching television, likely to beach, or picnic inside park. They actually doing ditto every week. Do you feel it? Will you something different to fill your personal free time/ holiday? Might be reading a book can be option to fill your totally free time/ holiday. The first thing that you'll ask may be what kinds of reserve that you should read. If you want to try out look for book, may be the reserve untitled Thank You Power: Making the Science of Gratitude Work for You can be great book to read. May be it is usually best activity to you.

Santa McNabb:

As a student exactly feel bored in order to reading. If their teacher questioned them to go to the library or make summary for some publication, they are complained. Just small students that has reading's internal or real their leisure activity. They just do what the professor want, like asked to the library. They go to generally there but nothing reading very seriously. Any students feel that reading through is not important, boring in addition to can't see colorful photos on there. Yeah, it is to be complicated. Book is very important for you. As we know that on this era, many ways to get whatever we want. Likewise word says, many ways to reach Chinese's country. Therefore , this Thank You Power: Making the Science of Gratitude Work for You can make you truly feel more interested to read.

Judith Bode:

What is your hobby? Have you heard that will question when you got pupils? We believe that that issue was given by teacher to the students. Many kinds of hobby, Everyone has different hobby. And you also know that little person like reading or as reading through become their hobby. You need to know that reading is very important along with book as to be the factor. Book is important thing to include you knowledge, except your teacher or lecturer. You get good news or update regarding something by book. Different categories of books that can you take to be your object. One of them is Thank You Power: Making the Science of Gratitude Work for You.

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