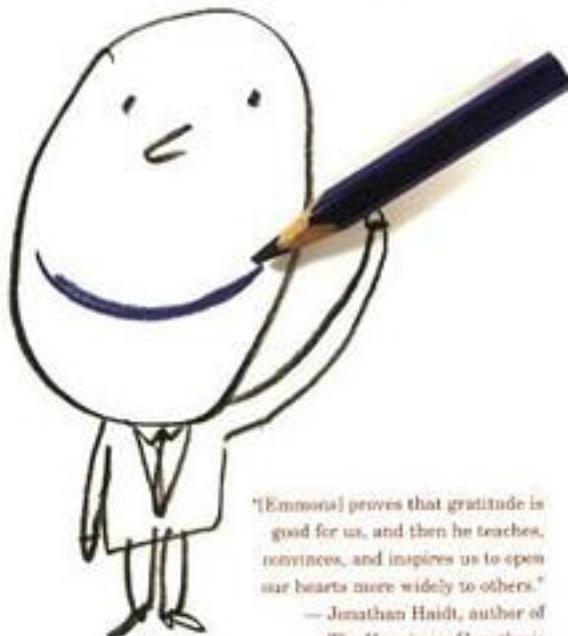


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# Thanks!

How Practicing Gratitude  
Can Make You Happier



"[Emmons] proves that gratitude is good for us, and then he teaches, convinces, and inspires us to open our hearts more widely to others."

— Jonathan Haidt, author of  
*The Happiness Hypothesis*

ROBERT A. EMMONS, PH.D

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The first major study of gratitude that shows how “wanting what we have” can measurably change people’s lives.

Did you know that there is a crucial component of happiness that is often overlooked? 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. But there's more than science to embrace here: Emmons also bolsters the case for gratitude by weaving in writings of philosophers, novelists, and theologians that illustrate all the benefits grateful living brings.

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