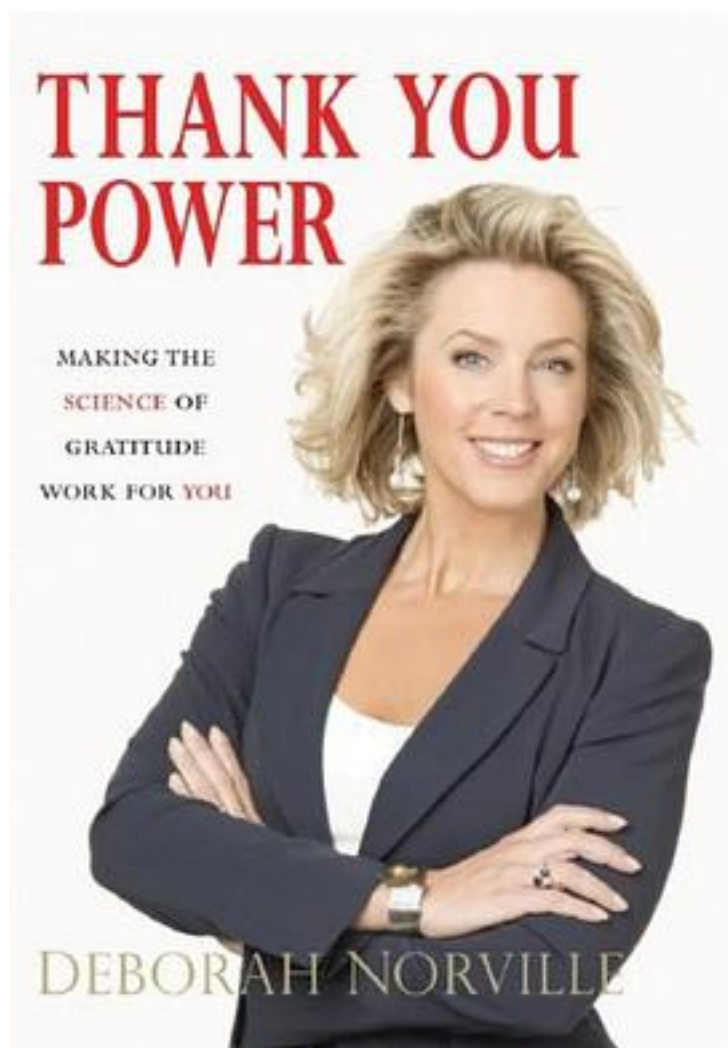


Thank You Power



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Thank You. Can such small words hold life changing power? Yes Deborah Norville's groundbreaking and persuasive book argues that gratitude is the secret key to unlocking your full life potential. Rooted in science, presented from a spiritual perspective, Thank You Power details the surprising life improvements that can stem from the practice of gratitude. 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 those two small words, thank you, Norville shows how you can be happier and more resilient, have better relationships, improved health, and less stress. The list of benefits is long. You'll exercise more, be more creative, bounce back more quickly from adversity, have a higher immune response, live longer, be better liked by others, and have more creativity in solving problems. Each of these outcomes is backed up by published research. The key? Gratitude. Ever heard the one about being able to catch more flies with honey than vinegar? If you want to eliminate many of the negatives of daily stress and better deal with the realities of your day, then read on. Deborah Norville may have found the real secret to happiness. You'll find the answer inside.--Dr. Mehmet Oz, Vice Chairman and Professor of Surgery, Columbia University; and Author, You Series Deborah Norville has proven that resilience is a big part of success. Success is power-and Thank You Power is aptitude and attitude at their most efficient and, therefore, most effective. Deborah has done a wonderful job with a subject that is important for all of us.--Donald J. Trump We've all heard it before-count your blessings, concentrate on the positive, say thank you-but actually putting it in to practice and becoming a more grateful person can be easily pushed aside in this hurried world. Deborah Norville, in her latest book, Thank You Power, clearly lays out easy steps to put you on the path to a more positive lifestyle.--Anthony Robbins, Best-Selling Author, Awaken the Giant Within and Unlimited Power Your mother was right You should say thank you about almost everything Why? Because as Deborah Norville's new book proves, being positive and grateful leads to a happier, healthier, more successful life. And by the way, thank you for reading this, and thank you, Deborah, for writing this book.--Joan Rivers, Entertainer What a refreshing, positive read Thank You Power makes me want to do everything I can to be grateful for not only the big things but also the sometimes hard details of my life. This is a formula that can make the whole world a happier place in which to live --Harold G. Koenig, MD, Professor of Psychiatry and Behavioral Sciences and Associate Professor of Medicine, Duke University Medical Center People who never complain, groan, or worry don't need this book. (They do need a lesson on honesty.) The other 99 percent of us will benefit from Deborah's practical and hopeful words. We need this message.--Max Lucado, Pastor, Oak Hills Church; and Best-Selling Author, 3:16

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