



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

By Norville, Deborah

Thomas Nelson. Book Condition: New. 078522193X BRAND NEW!! MULTIPLE COPIES AVAILABLE. NEW CONDITION!! 100% MONEY BACK GUARANTEE!! BUY WITH CONFIDENCE! WE SHIP DAILY!! EXPEDITED SHIPPING AVAILABLE. 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...



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