

THE GRATEFUL DAD

SOURCES & CITATIONS

THANKS GIVING: MAKING GRATITUDE YOUR GREATEST ASSET

A Workshop That Makes *The Business Case for Gratitude* & Shows How to Have a Grateful Day

Compiled by Doug Gertner, *The Grateful Dad*®

Thanks!: How the New Science of Gratitude Can Make You Happier by Robert Emmons
(Houghton Mifflin, 2007)

In an experimental comparison, those who kept gratitude journals on a weekly basis exercised more regularly, reported fewer physical symptoms, felt better about their lives as a whole, and were more optimistic about the upcoming week compared to those who recorded hassles or neutral life events.

- Emmons, R. A. & McCullough, M. E. (2003). Counting blessings versus burdens: An experimental investigation of gratitude and subjective well-being in daily life. *Journal of Personality and Social Psychology*, 84, 377–389) <http://psycnet.apa.org/journals/psp/84/2/377/>

Abstracts and more links here: <http://www.ncbi.nlm.nih.gov/m/pubmed/12585811/related/>

More @ <http://gratitudepower.net/science.htm> & <http://www.spring.org.uk/2007/09/practicing-gratitude-can-increase.php>

<http://online.wsj.com/article/SB10001424052748704243904575630541486290052.html> - Grateful People Are Happier, Healthier Long After the Leftovers Are Gobbled Up

<http://healthland.time.com/2010/11/25/how-feelings-of-gratitude-breed-happiness-and-well-being/-ixzz2g0tZzmGS> - How Feelings of Gratitude Breed Happiness and Well-Being

<http://www.dailygood.org/story/578/the-neuroscience-of-why-gratitude-makes-us-healthier-ocean-robbins/> - More research

<http://www.sfgate.com/books/article/In-Thanks-Robert-Emmons-explains-why-it-s-good-2546331.php> - Robert Emmons explains why it's good to be grateful

McCullough, M. E., Kimeldorf, M. B., & Cohen, A. D. (2008). An adaptation for altruism? The social causes, social effects, and social evolution of gratitude - Psychological science largely neglected gratitude until the 21st century. Fortunately, recent research has explored gratitude's distinct social causes and effects. These studies may help to shed light on gratitude's evolutionary history.

HAVE A GRATEFUL DAY!