



# The Gratitude Diaries: How a Year Looking on the Bright Side Can Transform Your Life

*Janice Kaplan*

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**The Gratitude Diaries: How a Year Looking on the Bright Side Can Transform Your Life** Janice Kaplan

**In this *New York Times* bestseller, Janice Kaplan spends a year living gratefully and transforms her marriage, family life, work and health. Her pioneering research was praised in *People* and *Vanity Fair* and hailed on TV shows including *Today*, *The O'Reilly Factor*, and CBS's *The Talk*.**

On New Year's Eve, journalist and former Parade Editor-in-Chief Janice Kaplan makes a promise to be grateful and look on the bright side of whatever happens. She realizes that how she feels over the next months will have less to do with the events that occur than her own attitude and perspective. Getting advice at every turn from psychologists, academics, doctors, and philosophers, she brings readers on a smart and witty journey to discover the value of appreciating what you have.

Relying on both amusing personal experiences and extensive research, Kaplan explores how gratitude can transform every aspect of life including marriage and friendship, money and ambition, and health and fitness. She learns how appreciating your spouse changes the neurons of your brain and why saying thanks helps CEOs succeed. Through extensive interviews with experts and lively conversations with real people including celebrities like Matt Damon, Daniel Craig, and Jerry Seinfeld, Kaplan discovers the role of gratitude in everything from our sense of fulfillment to our children's happiness.

With warmth, humor, and appealing insight, Janice's journey will empower readers to think positively and start living their own best year ever.

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#### **Martha Howell:**

A lot of people always spent their own free time to vacation or even go to the outside with them loved ones or their friend. Were you aware? Many a lot of people spent they will free time just watching TV, or even playing video games all day long. If you wish to try to find a new activity this is look different you can read a new book. It is really fun in your case. If you enjoy the book which you read you can spent the entire day to reading a publication. The book The Gratitude Diaries: How a Year Looking on the Bright Side Can Transform Your Life it is rather good to read. There are a lot of people that recommended this book. These folks were enjoying reading this book. When you did not have enough space bringing this book you can buy the actual e-book. You can m0ore very easily to read this book out of your smart phone. The price is not too costly but this book provides high quality.

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