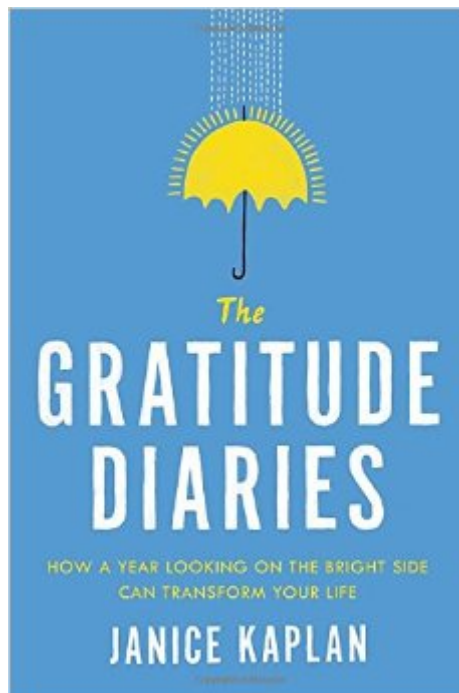


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The Gratitude Diaries: How A Year Looking On The Bright Side Can Transform Your Life



Synopsis

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.

Book Information

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Customer Reviews

To get to the main point first: this informative, engaging book will tell you how keeping a gratitude

journal can uplift your life. It can help anyone interested to get started with a gratitude journal. I felt the author was being truthful about her own experience in becoming more grateful and she had valuable knowledge to share. I have personally kept a gratitude journal for several years and found it made a positive impact on my life, so comparing the author's experience to my own was extremely interesting. Writing down three things that went well during each day "that you are thankful for" does shift the mindset as Ms. Kaplan discusses here. She sums up the reason for this very succinctly and more clearly than in any book on positive psychology I have read "the brain gets good at what it does repetitively. If you ask it to focus on good experiences every day, eventually it will do it automatically. And your thoughts will lift your mood. She mentions the negative things other people say striking her differently now, and about the impulse to preach the gratitude message to her friends. There is a point where complaints that you might once have voiced yourself seem well, alien. And you feel people are hurting themselves by dwelling on this stuff when they could be focusing on the happier aspects of their lives. This was very interesting to me "reflected my own experience. One minor point "I do my gratitude journaling in the morning rather than at night as recommended here. I find it sets a positive mindset for the day in a way that journaling at night does not. A strength of the book is the clear writing which is free of jargon.

"The Gratitude Diaries" is yet another book in which the author decides to live out a particular way of life for a year. In this, Janice Kaplan documents her experience being grateful to see how it impacts her life. Each season of her gratitude year has a theme, which become vaguer in scope as time progresses. Winter is marriage and family, Spring is career and finances, Summer is how gratitude affects health, and Autumn is "coping, caring, and connecting." She doesn't clearly express why she came up with this arrangement, and does not supply any particular tips about how readers might recreate such a year for themselves; she provides some general advice about looking on the sunny side, ranging from thanking your spouse, for example, which will probably go over well, to responding to others' gripes with a cheerful retort, which will probably not go over so well. Kaplan comes from a place of financial and personal comfort. She is married with children, and has a close set of friends as well as an advanced career, so essentially she has a good life but doesn't feel particularly happy. She is looking, really, to stop being so grumpy and whiny. She also offers advice that assumes the reader is in a position of strength, with marital advice for the basically happy and advice for how to set a positive work culture that assumes one is in a supervisory role. It can be challenging to speak about happiness or gratitude without coming across as smug or a know-it-all. I think Kaplan often was a victim of this. Her tone when talking to or about others often smacks of

being quite self-satisfied.

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