



The Power of Appreciation: The Key to a Vibrant Life

Noelle C. Nelson, Jeannine Lemare Calaba

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Research confirms that when people feel appreciation, good things happen to their minds, heart, and bodies. But appreciation is much more than a feel-good mantra. It is an actual force, an energy that can be harnessed and used to transform our daily life—relationships, work, health and aging, finances, crises, and more.

The Power of Appreciation will open your eyes to the fabulous rewards of conscious, proactive appreciation. Based on a five-step approach to developing an appreciative mindset, this handbook for living healthier and happier also includes

- Tips for overcoming resistance and roadblocks
- Color graphics illustrating the scientific impact of appreciation on the brain
- Research supporting the positive effects of appreciation
- Guidelines for creating your own Appreciation Group

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