



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

Deborah Norville

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Deborah Norville's groundbreaking and persuasive book argues that gratitude is the secret key to unlocking one's full life potential.

Thank You. Can such small words hold life-changing power? Yes! Rooted in science, presented from a spiritual perspective, *Thank You Power* details the surprising life improvements that can stem from the practice of gratitude. In this eye-opening book, Deborah 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 two small words, *thank you*, Norville shows how anyone can be happier and more resilient, have better relationships, improved health, and less stress. After two years of scientific research, Norville brings it all together with powerful personal stories of thank you power in action and gives specific steps for readers to cultivate thank you power and put it to work in their own lives.

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