

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

I expected to read a chapter or two of this book, but I ended up reading the entire volume. Kaplan's writing style is full of interesting anecdotes about herself and others who made a major shift in their joy and satisfaction with life through reframing their experiences to be more grateful. Along the way, she includes the science and psychology that helps to explain the shift that a grateful attitude can make for both individuals and group. I found it very readable and began to apply it almost immediately.

One quote from the book that stuck with me was near the end: "My year of living gratefully had changed me in so many ways, but mostly it had given me the simple ability to experience joy for almost any reason." That's quite a promise – if it sounds appealing, try a few chapters of the book for yourself!