

Book review

The Gratitude Project

How the science of thankfulness can rewire our brains for resilience, optimism and the greater good

Category: Book Reviews / Self-help

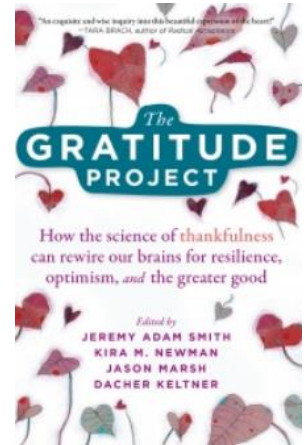
Author: Smith, J. A., Newman, K., Marsh, J., & Keltner, D. (Eds.).

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Audience: For Community



Summary: The result of a multiyear collaboration between the Greater Good Science Center and the University of California, *The Gratitude Project* explores gratitude's deep roots in human psychology and how it affects our brain.

This book explores how thankfulness can be cultivated in every aspect of our lives. *The Gratitude Project* was a multiyear long collaboration examining gratitude's ancient roots in human psychology, how it has evolved and how it affects the human brain. It looks at how the science of thankfulness can rewire our brains, creating optimism and resilience, and how the history of practising gratitude or thankfulness has evolved and how it might lead to a better world.

This book breaks down the impacts of gratitude on both a personal and community level. It carefully balances science and real life experiences to really explain what gratitude is and why it is so beneficial for us.

If you are a fan of the *WHY?* and the *HOW?* - then this is the book for you. With real life data, science and scenarios it easily explores the reasons why we should all be practicing gratitude in our lives. It explains the proven benefits of gratitude and thankfulness, how it can strengthen our communities and connections with others, improve our mental health and boost emotional resilience.

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It delves into the different aspects of our lives, whether it is practising gratitude yourself, with your family, partner, or finding ways to cultivate gratitude at work. The book explores why gratitude is different for men and women and the impacts this has on relationships, romantic or not. It provides practical examples of how to foster gratitude, backed up with research as to why this works and how to implement it.

If you're looking for a book that will provide you with a deeper understanding of gratitude as well as how to begin implementing it, then *The Gratitude Project* is the book for you.

Reviewed by Lucy Boomer, People & Organisational Development Manager

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