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Readers Will Be Grateful

Thank You Power: Making the Science of Gratitude Work for You—by Deborah Norville (Thomas Nelson, \$19.99). A good time to start this book is at the airport when your connecting flight has been delayed or canceled. Which is the setting Emmy-award-winning anchor of *Inside Edition*, Deborah Norville, has used to kick off her short yet powerful book. It will serve you well, whether in coping with the frictions of everyday life or some life-shattering accident or tragedy. Instead of telling you to have a positive attitude, Norville shows you how—citing real-life examples and scientific research. This book won't make life's vicissitudes go away, nor will it give you a Candidate-like view of the world. Instead, by harnessing "the power of thank you," you'll start to see the positive parts of your life more clearly, and you'll be better able to handle the unavoidable setbacks.



Start, for example, "to jot down three things that happened today for which you are grateful." This wee exercise "forces your focus onto what went right today, versus the inevitable things that went wrong. It reminds you of the interconnectedness of life. [It] reminds you how much others add to the quality of your life." Little rewards or gifts can do wonders to focus one's mind. This

really hit me: Doctors perform better when given little bags of candy! "I think I'll bake cookies before my next checkup," Norville notes.

Norville's book is chockablock with helpful suggestions that are made all the more plausible and persuasive by stories of real-life people coping with horrific situations, including one woman who barely survived an attack by a mountain lion. Thank you, Deborah Norville, for what will become an ever needed classic.

Other Comments

Domino Effect People who feel good don't become Pollyannas or patsies. Though they may be more inclined to help others, they will only help those who deserve it. If a person or cause is disliked or unlikable, studies found that people who feel good not only won't help, but they are also less likely than other groups to be *pushed* into helping.

What people with *Thank You Power* will do is inspire those around them to do well. If a leader ranks high on positive emotion, his team will probably perform better. Salespeople are more helpful to their customers, more flexible and more respectful. So make it a point—today—to make people in your world feel good. Say thank you to someone you may have taken for granted—the security guard at your office building or your child's teacher. Perhaps bring lemonade to the gardener working in the yard. Just because someone is paid to perform a service doesn't mean a thank you shouldn't come his way.

—DEBORAH NORVILLE, *Thank You Power: Making the Science of Gratitude Work for You*