**Recommended Reading on Gratitude**

* *Gratitude.* Oliver Sacks (2015)
* *Words of Gratitude for Mind, Body and Soul.* Robert A. Emmons. (2001)
* *Thanks!* *How the New Science of Gratitude Can Make You Make Happier.* Robert A. Emmons. (2007)
* *A Simple Act of Gratitude:* *How learning to say thank you changed my life*. John Kralik. (2011)
* *The Gratitude Diaries:* *How a year of looking on the bright side can transform your Life*. Janice Kaplan. (2016)
* *Living Life as a Thank You*: *The transformative power of gratitude.* Nina Lesowitz and Mary Beth Sammons. (2009)
* *Everyday Gratitude: Inspiration for living life as a gift*. A Network for Grateful Living. (2018)
* *Attitudes of Gratitude*: *How to give and receive joy every day of your life*. M. J. Ryan. (2017)
* *The Little Book of Gratitude: Create a life of happiness and wellbeing by giving thanks*. Robert A. Emmons. (2016)
* *Living in Gratitude: Mastering the art of giving thanks everyday, a month-by-month guide.* Angeles Arrien. (2013)
* *Radical Gratitude:* *Discovering joy through everyday thankfulness. Ellen Vaughn.* (2005)
* *Grateful:* *The subversive practice of giving thanks*. Diana Butler Bass. (2018)
* *The 90-Day Gratitude Journal: A mindful practice for a lifetime of happiness*. S. J. Scott and Barrie Davenport. (2018)
* *Living Gratitude*: *A simple path to happiness*. Matt O’Grady. (2015)
* *Bring Gratitude*: Feel joyful again with bite-sized mindset practices. Karl Staib. (2018)
* *The Gratitude Formula*: *A 7-Step success system to create a life that you love.* May McCarthy. (2018)
* *Tiny Buddha’s Gratitude Journal: Questions, prompts, and coloring pages for a brighter, happier life*. Lori Deschene. (2017)

**Recommended Podcast on Gratitude**

*Single Episode*

* Beyond Gratitude Lite: The Real Virtue of Thankfulness – Episode 459 (<https://www.artofmanliness.com/articles/how-to-cultivate-gratitude-thankfulness/>)
* The Power of Gratitude: Episode 38 (<https://www.stitcher.com/podcast/success-insider/e/48323856?autoplay=true>)
* Being Well Podcast: Gratitude (<https://www.rickhanson.net/well-podcast-gratitude/>)
* Best of Ourselves Podcast: Gratitude in Action – Episode 65 (<http://bestofourselves.com/boo65-gratitude-in-action-repeat/>)
* Michael Hyatt: The Gratitude Advantage (<https://michaelhyatt.com/podcast-gratitude-advantage/>)
* How Gratitude Equals Success: Episode 112 (<http://www.thekickasslife.com/podcasts/112-how-gratitude-equals-success/>)
* The Light Within: Rethinking Gratitude (<https://player.fm/series/the-light-within/16-rethinking-gratitude>)
* The Skill of Gratitude: Episode: Episode 189 (<https://personalityhacker.com/podcast-episode-0189-the-skill-of-gratitude/>)

*Continuous*

* The Gratitude Podcast: Stories that inspire positive thinking and gratitude (<https://www.stitcher.com/podcast/thegratitudepodcast/the-gratitude-podcast>)
* Never Not Grateful (<https://itunes.apple.com/us/podcast/never-not-grateful/id1422537885?mt=2&ign-mpt=uo%3D4>)

**Recommended Twitter Accounts on Gratitude**

@GratefulnessOrg

@GratHabitat

@DalaiLama

@GratitudeTrust

@2thank

@pockitudes

**Recommended Videos on Gratitude**

Want to be happy? Be grateful: David Steindl-Rast

<https://www.youtube.com/watch?v=UtBsl3j0YRQ>

365 Days of Thank You: Brian Doyle

<https://www.youtube.com/watch?v=QNfAnkojhoE>

The Happy Secret to Better Work: Shawn Achor

<https://www.youtube.com/watch?v=fLJsdqxnZb0>

Discover the Three Keys of Gratitude to Unlock Your Happiest Life: Jane Ransom

<https://www.youtube.com/watch?v=ewi0qlqrshE>

Nature’s Beauty Inspires Gratitude: Louie Schwartzberg

<https://www.youtube.com/watch?v=V57cuwQR8II>

The Power of Gratitude: Robert A. Emmons

<https://www.youtube.com/watch?v=jLjVOvZufNM>

The Science of Gratitude

<https://www.youtube.com/watch?v=JMd1CcGZYwU>

An Experiment in Gratitude: SoulPancake

<https://www.youtube.com/watch?v=oHv6vTKD6lg>

Emotional Success: The Power of Gratitude, Compassion and Pride: David Desteno

<https://www.youtube.com/watch?v=_VML4VmSlCc>