

# Gratitude Works!

How Gratitude Heals, Energizes, and Transforms Lives

Gratitude encircles much of what we do and who we are. Its power derives from a need that is deeply entrenched in the human condition—the need to give thanks. Research has shown that gratitude generates a positive ripple effect through every area of our lives, potentially satisfying some of our deepest yearnings—our desire for happiness, our pursuit of better relationships, and our ceaseless quest for inner peace, health, wholeness, and contentment. Practical tools for building gratefulness reveal that life is a continual invitation to gratitude that can be created at all times and in all places.

COMMUNITY PRESENTATION

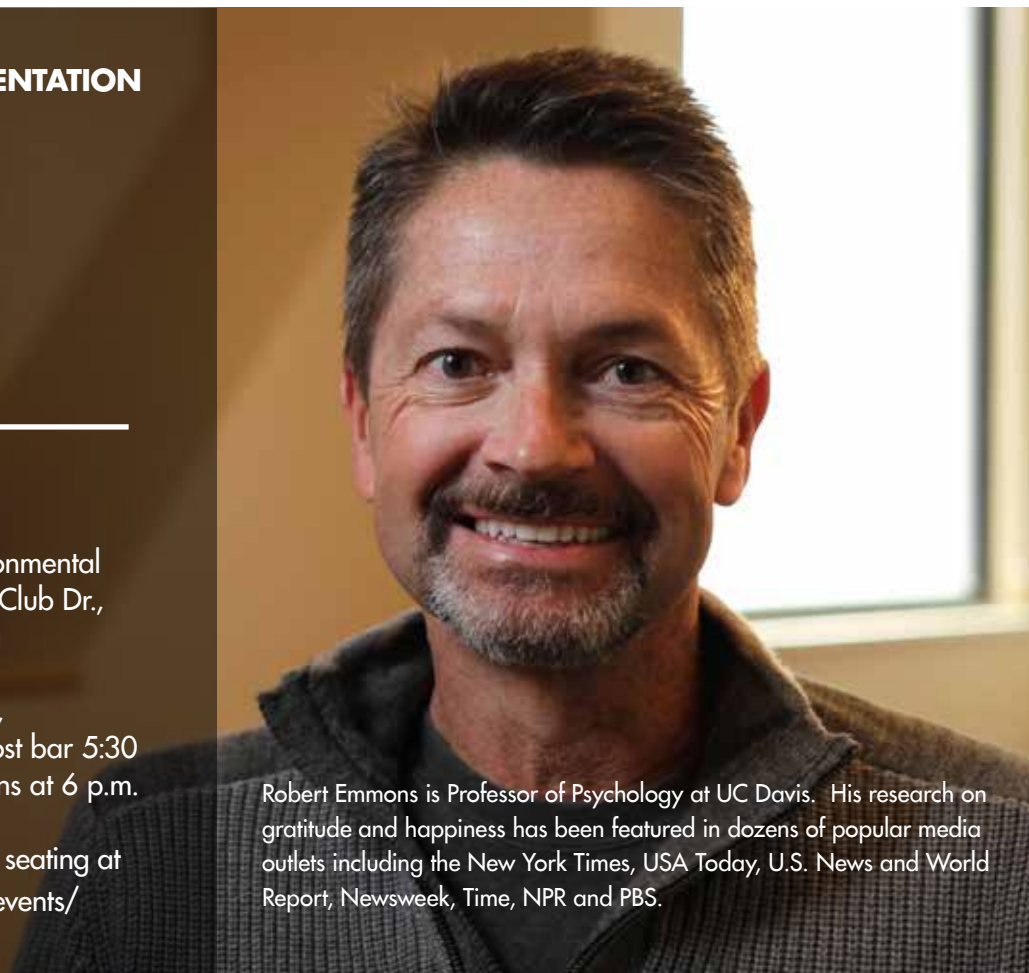
Nov.  
**17**

**5:30 – 7 p.m.**

Tahoe Center for Environmental  
Sciences, 291 Country Club Dr.,  
Incline Village, Nevada

\$5 suggested donation,  
refreshments and no-host bar 5:30  
p.m., presentation begins at 6 p.m.

Please register for early seating at  
<http://terc.ucdavis.edu/events/>



Robert Emmons is Professor of Psychology at UC Davis. His research on gratitude and happiness has been featured in dozens of popular media outlets including the New York Times, USA Today, U.S. News and World Report, Newsweek, Time, NPR and PBS.



Brought to you by the Mental Health in the Mountains educational series. Partners include: Community Collaborative of Tahoe Truckee, Family Resource Center of Truckee, North Tahoe Family Resource Center, Sierra College, Tahoe Forest Health System's Wellness Neighborhood, Tahoe Truckee Unified School District, UC Davis Tahoe Environmental Research Center, and Youth Suicide Prevention Coalition.