

**Dive deeper into the benefits of practicing gratitude:**

<https://medium.com/change-your-mind/how-gratitude-rewires-your-brain-and-how-to-make-it-work-for-you-894e8bf73c59> How Gratitude rewires your brain

[Giving thanks can make you happier - Harvard Health](#)

[How Gratitude Actually Changes Your Brain and is Good for Business](#)

[The Neural Basis of Human Social Values: Evidence from Functional MRI](#)

[Gratitude and Well Being](#)

[Counting Blessings Versus Burdens: An Experimental Investigation](#)

[Gratitude in intermediate affective terrain: links of grateful moods to individual differences and daily emotional experience](#)

[Gratitude facilitates healthy eating behavior in adolescents and young adults](#)

[A little thanks goes a long way: Explaining why gratitude expressions motivate prosocial behavior](#)

[The differential effects of gratitude and sleep on psychological distress in patients with chronic pain](#)

[Positive psychology progress: empirical validation of interventions](#)

[Gratitude and well-being: A review and theoretical integration](#)

[Does gratitude writing improve the mental health of psychotherapy clients? Evidence from a randomized controlled trial](#)

[Neural correlates of gratitude](#)

[The impact of gratitude on adolescent materialism and generosity](#)

[Warm thanks: gratitude expression facilitates social affiliation in new relationships via perceived warmth](#)

[A Grateful Heart is a Nonviolent Heart: Cross-Sectional, Experience Sampling, Longitudinal, and Experimental Evidence - C. Nathan DeWall, Nathaniel M. Lambert, Richard S. Pond, Todd B. Kashdan, Frank D. Fincham, 2012](#)

[Gratitude: Effect on perspectives and blood pressure of inner-city African-American hypertensive patients.](#)

[The impact of a new emotional self-management program on stress, emotions, heart rate variability, DHEA and cortisol](#)

<https://insights.ovid.com/pubmed?pmid=27749683> Associations Between Psychological Constructs and Cardiac Biomarkers After Acute Coronary Syndrome

### **Additional Reading**

The Book of Delights by Ross Gay 2019

“The more you study delight, the more delight there is to study... I felt my life to be more full of delight. Not without sorrow or fear or pain or loss. But more full of delight.”