

1. Record Nr.	UNINA9910782520303321
Autore	Nelson Noelle C
Titolo	The power of appreciation in everyday life [[electronic resource] / / Noelle C. Nelson
Pubbl/distr/stampa	Toronto, : Insomniac Press, c2006
ISBN	1-280-91101-8 9786610911011 1-4593-0954-5 1-897414-93-5
Descrizione fisica	1 online resource (213 p.)
Disciplina	158.1 22
Soggetti	Self-actualization (Psychology) Values - Psychological aspects Gratitude Man-woman relationships Work - Psychological aspects
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Includes index.
Nota di contenuto	Table of Contents; Preface; The Power of Appreciation within Yourself; The Power of Appreciation within Your Relationships; The Power of Appreciation with Work and Money; Afterword; Index; Reading Group Guide
Sommario/riassunto	One of the biggest stumbling blocks we hit when setting out to make our dreams come true is appreciating what is going well. Most of us have an unfortunate tendency to dwell on the problems rather than on the good things in our lives ... and then we wonder why things just seem to keep getting worse instead of better. In <i>The Power of Appreciation in Everyday Life</i> , psychologist Noelle Nelson explains how you can achieve success in every area of your life through transforming your beliefs with appreciation.