

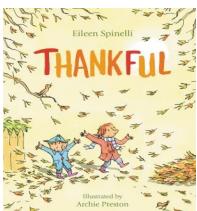


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# Gratitude Reading List

**Studies have shown that gratitude is a pathway to increased happiness, stronger resilience, and healthier relationships. The following titles for children and adults offer a variety of insights about making gratitude a part of your life. This list was created around the Thanksgiving holiday, but we hope it will be useful any time of year.**

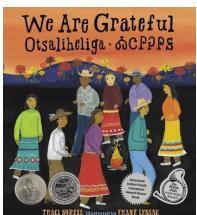
## BOOKS FOR CHILDREN



### Thankful

**Eileen Spinelli | J PIC SPI**

Like the gardener thankful for every green sprout, and the fireman, for putting the fire out, readers are encouraged to be thankful for the many blessings they find in their lives. Combines charming rhymes and whimsical illustrations to convey the importance of being thankful for everyday blessings.



### We Are Grateful: Otsaliheliga

**Traci Sorell | J PIC SOR**

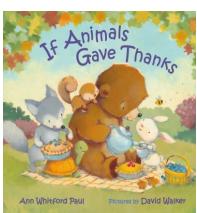
Otsaliheliga is a Cherokee word that is used to express gratitude. Journey through the year with a Cherokee family and their tribal nation as they express thanks for celebrations big and small. This book presents a look at modern Native American life as told by a citizen of the Cherokee Nation.



### Thank You, Omu!

**Oge Mora | J PIC MOR**

Omú is looking forward to the lovely homemade stew she's cooking for dinner, but when the stew's delicious scent fills the air, her neighbors arrive, one by one, for a taste. With a generous spirit, she continues to share her stew until all is gone. Can her neighbors return the favor?



### If Animals Gave Thanks

**Ann Whitford Paul & David Walker | J PIC PAU**

If animals gave thanks, what would they do? Raccoon would chir-chirrrr thanks for her cub. Crow would loop and swoop in the sky. And Bear would invite his friends to a bountiful feast. Across the animal kingdom, every creature would be grateful for food, family, and being together.



### The Thank You Letter

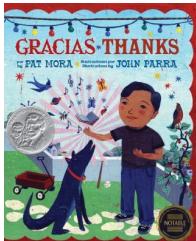
**Jane Cabrera | J PIC CAB**

Grace's thank-you notes for her birthday presents appear all over town, bringing love and happiness into everyone's lives. This charming picture book can be a jumping-off point to start a practice of putting gratitude into writing.



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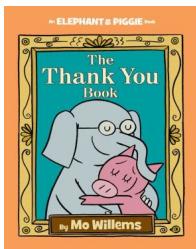
# Gratitude Reading List



## Gracias - Thanks

**Pat Mora & John Parra | J SPA PIC MOR**

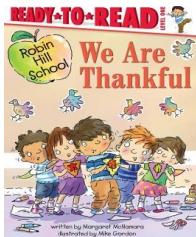
In this bilingual Spanish and English picture book, a young boy celebrates family, friendship, and fun by telling about some of the everyday things for which he is thankful. From his old, soft pajamas to the bees that don't sting him, the boy's gratitude list is a reminder that even the smallest, simplest things can bring us great joy.



## The Thank You Book

**Mo Willems | J EASY WILLEMS**

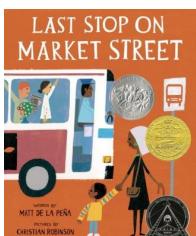
Two of Mo Willems' most endearing characters offer young readers an entertaining and uplifting message about gratitude in this early reader title. Piggie is determined to thank everyone she knows, but Gerald thinks she will forget someone important.



## We are Thankful

**Margaret McNamara | J EASY MCNAMARA, M.**

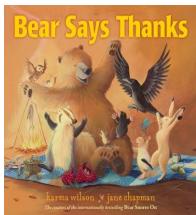
Asked by their teacher to think about the things and people for which they are thankful, the first graders of the Robin Hill School take turns sharing their feelings, challenging young Reza to think of something original.



## The Last Stop on Market Street

**Matt de la Peña & Christian Robinson | J PIC DEL**

In this Newbery Award-winning title, a young boy rides the bus across town with his grandmother and learns to appreciate the beauty in everyday things. This story invites the reader to ponder the distinction between wants and needs, and includes an uplifting message about appreciating what we have.



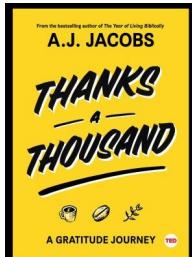
## Bear Says Thanks

**Karma Wilson & Jane Chapman | J PIC WIL**

In this Thanksgiving-themed installment of the popular Bear picture book series, Bear thanks his friends for bringing food dishes to his dinner party and finds a way of sharing something of his own. Rhyming text and large, vivid illustrations make this an appealing choice for preschoolers.

# Gratitude Reading List

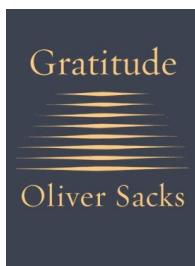
## BOOKS FOR ADULTS



### Thanks a Thousand: A Gratitude Journey

**A.J. Jacobs | 179.9 JAC**

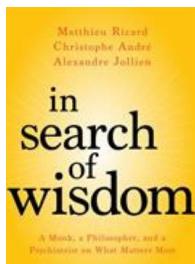
After being dared by his son, journalist A. J. Jacobs decides to thank every single person involved in producing his morning cup of coffee. The resulting journey takes him across the globe and transforms his life. In the telling of this story, he reflects on how gratitude can make us happier, more generous, and more connected.



### Gratitude

**Oliver Sacks | 155.937 SAC**

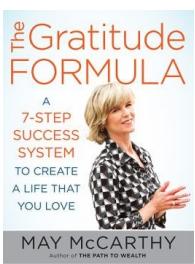
When Oliver Sacks turned eighty, he wrote a piece in The New York Times about the prospect of old age and the freedom he envisioned for himself in binding together the thoughts and feelings of a lifetime. Eighteen months later, he was given a diagnosis of terminal cancer. Gratitude is Sacks's meditation on why life continued to enthrall him even as he faced his own death, and how to live out his remaining months that in the richest and deepest way possible.



### In search of wisdom : a monk, a philosopher, and a psychiatrist on what matters most

**Matthieu Ricard, Christophe André, & Alexandre Jollien | 170.44 RIC**

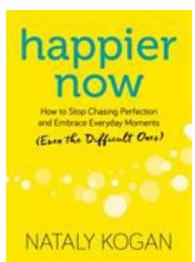
Join these three luminaries as they share their views on how we uncover our deepest aspirations in life, the nature of the ego, living with the full range of human emotion, the art of listening, the temple of the body, the origin of suffering, the joy of altruism, true freedom, and much more.



### The Gratitude Formula

**May McCarthy | 158.1 MCC**

McCarthy offers a practical system that you can put to use every day to achieve success in your relationships, career, finances, health, personal pursuits, spiritual growth, and virtually any other aspect of your life. She recommends starting each day with a grateful heart, and offers readers a 7-step practice to increasing gratitude.



### Happier Now

**Nataly Kogan | 155 KOG**

Kogan, a nationally recognized emotional health expert, discusses how to stop treating happiness as an elusive goal that is dependent on external factors and outlines simple practices for improving emotional resilience and living more happily in the present.