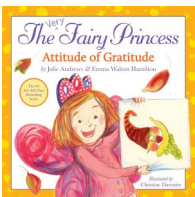




Gratitude Reading List

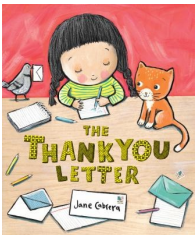
Studies have shown that gratitude is a pathway to increased happiness, stronger resilience, and healthier relationships. The following titles for children and adults offer a variety of insights about making gratitude a part of your life. This list was created around the Thanksgiving holiday, but we hope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

BOOKS FOR CHILDREN



[The Very Fairy Princess: Attitude of Gratitude](#)

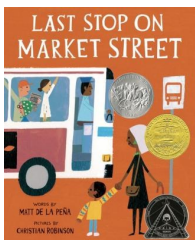
Julie Andrews, Emma Walton Hamilton & Christine Davenier | J PIC AND Gerry, the very fairy princess, learns the importance of gratitude even in the face of disappointment over the course of Gratitude Day at school.



[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.



[Last Stop on Market Street](#)

Matt de la Peña & Christian Robinson | J PIC DEL

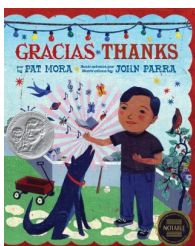
In this Newbery Award-winning title, a young boy rides the bus across town with his grandmother and learns to appreciate the beauty in everyday things. This story invites the reader to ponder the distinction between wants and needs, and includes an uplifting message about appreciating what we have.



[Thank You, Omu!](#)

Oge Mora | J PIC MOR

Omu 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?



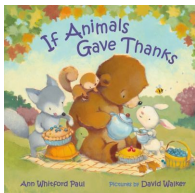
[Gracias - Thanks](#)

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.



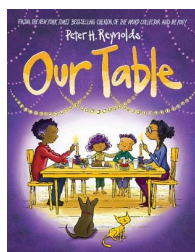
Gratitude Reading List



[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.



[Our Table](#)

Peter H. Reynolds | J PIC REY

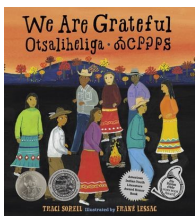
Violet longs for the time when her family was connected: before life, distractions, and technology pulled them all away from each other. Can she remind her family of the warmth of time spent together, and gather around the table once more? An ode to traditions that unite families, this picture books brings readers together with a universal message of gratitude.



[The Thank You Book](#)

Danna Smith & Juliana Perdomo | J PIC SMI

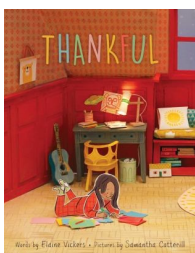
From thanking your teacher for teaching, to thanking your vet for caring, from sharing a hug, to giving a card, this sweet book shows all the ways we can express gratitude. And as the book builds, so does the scale of the thanks, showing young readers that even if they start small, they can have a big impact.



[We Are Grateful: Otsaliheliga](#)

Traci Sorell | J PIC SOR

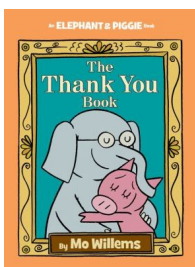
Otsaliheliga is a Cherokee word that is used to express gratitude. Journey through the year with a Cherokee family and their tribal nation as they express thanks for celebrations big and small. This book presents a look at modern Native American life as told by a citizen of the Cherokee Nation.



[Thankful](#)

Elaine Vickers & Samantha Cotterill | J PIC VIC

When the first snow falls, a girl writes on strips of paper what she is thankful for, from a safe and warm home to wishes come true, as her family makes a Thankful Chain. There's so much good in her life: a friend, things that are warm, things that are cold, color, things that can be fixed. This beautiful story is a much-needed reminder to observe and honor life's small joys.



[The Thank You Book](#)

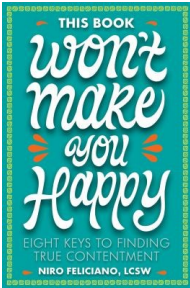
Mo Willems | J EASY WILLEMS

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.



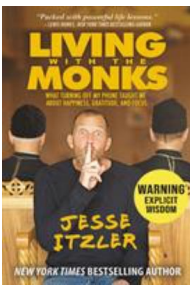
Gratitude Reading List

BOOKS FOR ADULTS



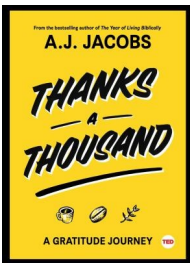
This Book Won't Make You Happy
Niro Feliciano | 152.42 FEL

This book advocates for seeking contentment over happiness, and offers ways to incorporate eight simple postures rooted in cognitive behavioral science and mindfulness practices into our daily routines, to help us move away from anxiety and toward balance and calm. These practices can help you overcome obstacles that hold us back from living full, meaningful, contented lives



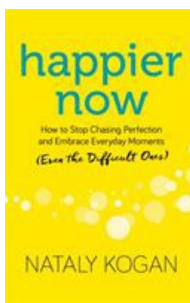
Living with the Monks
Jesse Itzler | 255.81973 ITZ

Entrepreneur and one-time rapper (under the name Jesse Jaymes) Jesse Itzler's life is bold and risky until he realizes he's ready for a major change. He decides to take up residence with the New Skete monks, a Russian Orthodox religious order in upstate New York. What he learns about the monks-- and himself-- is the focus of this memoir.



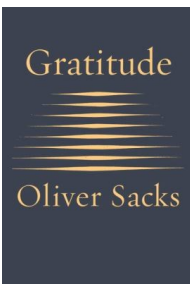
Thanks a Thousand: A Gratitude Journey
A.J. Jacobs | 179.9 JAC

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.



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.



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--which he announced publicly in another NYT piece. 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