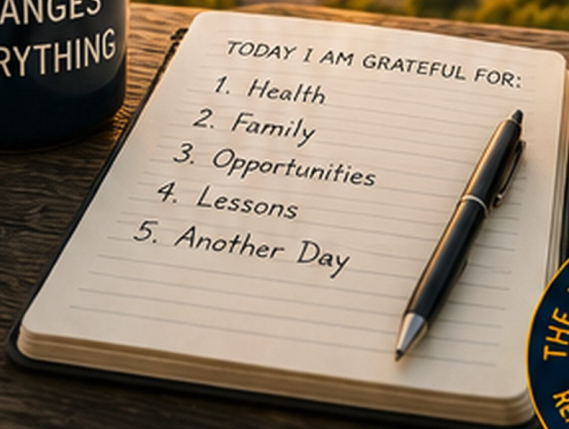


— THE BETTER LIFE SERIES —

PRACTICAL PSYCHOLOGY FOR REAL LIFE

THE POWER OF GRATITUDE

How to Cultivate Appreciation,
Improve Your Well-Being and
Create a Life of Meaning
and Abundance



ALDEN M. CORVALE

THE BETTER LIFE SERIES

Practical Psychology for Real Life

BOOK TWELVE

THE POWER OF GRATITUDE

*How to Cultivate Appreciation, Improve Your Well-Being
and Create a Life of Meaning and Abundance*

Alden M. Corvale

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Gratitude research shows small average improvements in well-being, not guaranteed transformation. Gratitude should never be used to deny grief, mistreatment, illness, financial hardship or other real problems.

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INTRODUCTION - GRATITUDE WITHOUT THE HYPE

Gratitude has an image problem. It is sometimes sold as a shortcut to happiness and sometimes dismissed as shallow positivity. The evidence suggests a more useful middle ground: deliberately noticing and expressing appreciation can produce small but meaningful improvements in well-being for many people.

A 2025 preregistered meta-analysis pooled 145 papers, 163 samples and 24,804 participants from 28 countries. Gratitude interventions produced a small overall increase in well-being. Effects varied across countries and methods, which is exactly why this book avoids universal promises.

The practical goal is not to become grateful for everything. It is to notice more of what is genuinely valuable, express appreciation more clearly, use gratitude without denial and build a practice that fits real life.

Use this book as an experiment. Try the exercises, keep what feels honest and useful, and change what becomes forced or repetitive.

CORE IDEA

Notice what matters. Appreciate it honestly. Let that awareness influence how you live.