



Timberland
Regional
Library

News Release

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Gratitude

Find out how to reap the benefits of thankfulness

Recent scientific studies show that practicing gratitude increases people's sense of well being significantly, both in the long and short term. Join Elma Timberland Library manager, David Seckman, on Tuesday, January 12 from 7 to 8:30 p.m. at the library to learn about the benefits of practicing gratitude and try some techniques for increasing feelings of gratitude.

"About a year ago I became interested in what science has to say about happiness. Almost every book I read on the topic pointed to increasing one's sense of gratitude as a way to boost happiness. This seems to hold up experimentally as well," said Mr. Seckman. "My talk will center on what some of this research says. I'll focus on how gratitude can benefit people. I will also offer some techniques for cultivating more gratitude in our lives," said Seckman.

In a book for the general reader titled "Thanks! How the New Science of Gratitude Can Make You Happier," (Houghton Mifflin Co., 2007), researchers Robert A. Emmons and Michael E. McCullough wrote: "Benefits of practicing gratitude on a consistent basis include higher reported levels of alertness, enthusiasm, determination, optimism, and energy." A summary of the research project is at the Web site, <http://psychology.ucdavis.edu/labs/emmons>.

"Libraries are catalysts for community conversations. These sorts of activities and programs offer people opportunities to be active participants," said Seckman.

The Elma Timberland Library is located at 118 N First Street, Elma. The program will be presented right after regular library hours so the library will be open only for the program. For more information, please contact the library at (360) 482-3737 or go to www.TRL.org.