

Copyright © 2006 by Dr. Noelle C. Nelson

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system or transmitted, in any form or by any means, without the prior written permission of the publisher or, in case of photocopying or other reprographic copying, a license from Access Copyright, 1 Yonge Street, Suite 1900, Toronto, Ontario, Canada, M5E 1E5.

Library and Archives Canada Cataloguing in Publication

Nelson, Noelle C.

The power of appreciation in everyday life / Noelle C. Nelson.

ISBN 1-897178-22-0

1. Self-actualization (Psychology) 2. Gratitude. I. Title.

BF637.S4N448 2006 158.1 C2006-903895-3

Printed and bound in Canada

Insomniac Press

192 Spadina Avenue, Suite 403

Toronto, Ontario, Canada, M5T 2C2

www.insomniacpress.com