

Book Buzz

With Carolyn Larson

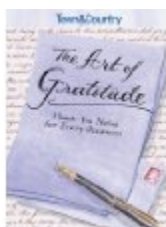
Head Librarian at Lihue Public Library

*Bringing you the buzz on new, popular and good books available at your neighborhood library.
Book annotations are culled from online publishers' descriptions and published reviews.*

ATTITUDE OF GRATITUDE – November 25, 2009 Column

At busy Lihue Library there is much to be grateful for. Readers of all ages who love to read books find humor, excitement, comfort and answers. All day long people use public computer terminals to hunt, listen, produce and print. Some folks browse magazines and coffee table books while others research or do homework. There is a steady stream of borrowers checking out movies (at the unbeatable price of \$1 per week). And about 50 kids hang out after school every day. We give thanks for books, libraries and readers this week as we celebrate Thanksgiving, and this week's Book Buzz offers a selection of books about gratitude. Perhaps the poet and art historian Johannes A. Gaertner said it best in *Worldly Virtues*, "To speak gratitude is courteous and pleasant, to enact gratitude is generous and noble, but to live gratitude is to touch Heaven."

Happy Reading!



The Art of Thank You: Crafting Notes of Gratitude

By Connie Leas

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The why and how of thank-you notes—when to write them and what to say including examples readers can adapt for personal use.

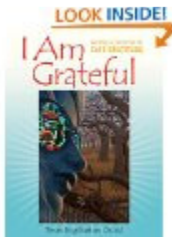


Focus on the Good Stuff: The Power of Appreciation

By Mike Robbins

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Motivational speaker and professional coach Robbins explores the power of positive thinking and the art of appreciation. He offers tools to bring more appreciation and gratitude into our lives, our relationships, and our world.

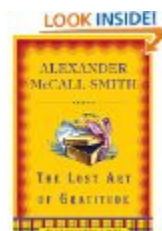


I Am Grateful: Recipes and Lifestyle of Café Gratitude

By Terces Engelhart

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From the renowned California restaurants of inspiring environments and distinctive, flavorful foods comes this book of lessons in edible joy. The author presents her view of life and business philosophy and easy-to-follow recipes for the café's most popular organic items.



The Lost Art of Gratitude

By Alexander McCall Smith

In this sixth novel featuring Isabel Dalhousie, an Edinburgh philosopher and well-meaning intervener in the affairs of others, the author weaves a mystery through his characters “in whom generosity of spirit is very strong.”



A Quilter's Holiday An Elm Creek Quilts Novel

By Jennifer Chiaverini

For the Elm Creek Quilters, the day after Thanksgiving marks the start of the quilting season, and their host suggests sewing quilt blocks that represent their thankfulness and gratitude. As each quilter explains the significance of her carefully chosen block, stories of love and longing for family and friends emerge. This is a story of holiday spirit in its truest, most generous sense.



Stop Whining:

Start Living

By Laura Schlessinger

158 Sc

The author gives readers stuck in their suffering the same get-over-yourself kick in the seat she delivers daily on the radio; in fact, the book is heavy on transcripts lifted directly from that show. Everyone can use a kick in the pants now and then, and Dr. Laura, who "preaches, teaches, and nags" to millions every day on her radio program, is here to deliver it. She encourages "whiners" to open up to gratitude and goodness and illustrates her lessons with calls and letters from members of her international audience.



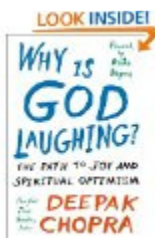
Thanks!

How the New Science of Gratitude Can Make You Happier

By Robert A. Emmons

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A leading expert in the field of positive psychology, (which seeks to promote emotional wellness, rather than treat disorder) the author looks at gratitude from an interdisciplinary perspective, including literature, psychology, religion and anthropology. He demonstrates how it contributes to emotional equanimity and pleasure, richer personal relationships and greater health. Gratitude is a way of life Emmons says, and he offers ten ways to cultivate gratitude.



Why Is God Laughing?

The Guide to Joy and Spiritual Optimism

By Deepak Chopra

204.4 Chopra

The bestselling author uses a fictional tale of a comedian and his unlikely mentor to show us a path back to hope, joy, and enlightenment. Rich with humor and practical advice, Chopra shows us without a doubt that there is always a reason to be grateful and that obstacles are simply opportunities in disguise.