



The Power of Appreciation in Everyday Life

Noelle C. Nelson

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One of the biggest stumbling blocks we hit when setting out to make our dreams come true is appreciating what is going well. Most of us have an unfortunate tendency to dwell on the problems rather than on the good things in our lives... and then we wonder why things just seem to keep getting worse instead of better.

In *The Power of Appreciation in Everyday Life*, psychologist Noelle Nelson explains how you can achieve success in every area of your life through transforming your beliefs with appreciation.

The Power of Appreciation In Everyday Life is especially profound when it examines how appreciation can transform relationships. Relationships at work, with your family and with friends can all prosper when using appreciation's powerful force.

Appreciation is a remarkably strong untapped energy every one of us possesses. We just need to know how to use it. Science confirms that when you think and feel appreciation (not simple gratitude, but powerful valuing), amazing changes happen – from a calming of our heartbeat and ncreased brain function to successful and satisfying interactions at home and at work. All it takes is a change in focus.

With *The Power of Appreciation in Everyday Life*, you will discover what makes appreciation such a dynamic force and learn specific ways to use appreciation to take charge of your life and get the results you want at home, at work and in love!

Dr. Noelle C. Nelson is a noted author, psychologist and trial consultant. Her books include *Everyday Miracles* and *Winner Takes All*. Please feel free to visit her at www.noellenelson.com.

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