What Good is Gratitude?
Recent Insights from the Science of Well-Being
Robert Emmons, PhD

Introduction by Chancellor Sue Desmond-Hellmann

Wednesday, February 17, 2010 from 12 Noon to 1:30 pm
Cole Hall, Medical Sciences Building, 513 Parnassus Avenue

Dr. Robert Emmons is a professor of Psychology at UC Davis and one of the leading scholars in the positive psychology movement; he is also editor in chief of the Journal of Positive Psychology. His work on gratitude has been featured in the Washington Post, the New York Times and other mainstream media. Emmons' recent book, Thanks! How Practicing Gratitude Can Make You Happier will be available at the event. Book signing at 1:30.

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