



Making Grateful Kids: The Science of Building Character

Jeffrey Froh, Giacomo Bono

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If there was a new wonder drug on the market that got kids to behave better, improve their grades, feel happier, and avoid risky behaviors, many parents around the world would be willing to empty their bank accounts to acquire it. Amazingly, such a product actually does exist. It's not regulated by the FDA, it has no ill side-effects, and it's absolutely free and available to anyone at any time. This miracle cure is gratitude.

Over the past decade, science has shown that gratitude is one of the most valuable and important emotions we possess, and it is a virtue that anyone can cultivate. In fact, researchers have developed many different methods people can use to foster an attitude of gratitude, and the science shows that many of them really work.

In *Making Grateful Kids*, two of the leading authorities on gratitude among young people, Jeffrey J. Froh and Giacomo Bono, introduce their latest and most compelling research, announce groundbreaking findings, and share real-life stories from adults and youth to show parents, teachers, mentors, and kids themselves how to achieve greater life satisfaction through gratitude. Most importantly perhaps, they expand on this groundbreaking research to offer practical and effective common-sense plans that can be used in day-to-day interactions between kids and adults to enhance success and wellbeing.

Their unique, scientifically-based approach for producing grateful youth works whether these kids are very young elementary school students or troubled teenagers. Not only does the purposeful practice of gratitude increase their happiness, but the research indicates that grateful kids also report more self-discipline, fulfilling relationships, and engagement with their schools and communities when compared to their less grateful counterparts. After reading *Making Grateful Kids*, parents, teachers, and anyone who works with youth will be able to connect more meaningfully with kids so that all parties can focus on the things that matter most and, in turn, create a more cooperative and thriving society.

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