

Lecture to focus on importance of gratitude

How Gratitude Heals, Energizes, and Transforms Lives is the topic of a Nov. 17 talk at Sierra Nevada College.

Robert Emmons is a professor of psychology at UC Davis. His research on gratitude and happiness has been featured in dozens media outlets including the *New York Times*.

Research has shown gratitude generates a positive ripple effect through every area of ones lif, potentially satisfying some of people's deepest yearnings – the desire for happiness, pursuit of better relationships, and ceaseless quest for inner peace, health, wholeness, and contentment.

This presentation is part of the UC Davis Tahoe Environmental Research Center's monthly lecture series. Refreshments and no-host bar open at 5:30pm, presentation begins at 6pm. The cost is \$5.