

#hitwithgratitude

When trials hit, how do we run in triumph?
When we have a blind spot for blessings,
how do we embrace gratitude?
Award-winning authors and readergirlz co-founders,
Lorie Ann Grover and **Justina Chen**,
share the trials and triumphs within their own lives
and their books' characters, inspiring teens and adults to
#hitwithgratitude.

Coming to a city near you.
We'd love to make your story a part of ours.

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"Our students are awestruck with gratitude! They ALL so enjoyed your presentation and took so much away! Truly, you have made a HUGE difference at Jackson High!"
Barbara Stolzenburg, Librarian



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"Your stories totally mesmerized our audience! WOW!!! Our students are awestruck with gratitude! They ALL so enjoyed your presentation and took so much away! Truly, you have made a HUGE difference at Jackson High!" Barbara Stolzenburg, Jackson High School, Librarian

"Honestly, it was phenomenal. Seriously. They are not just writers, but also mothers, speakers, inspirations, and survivors(yes.) I don't get how they can have so many unfortunate things happen in their lives and INCREASE positivity and happiness! You guys inspired a ton of kids today with your motivated speakingness and thank you SO much for coming- we hope to see you again soon!!" Student, Jackson High, Millcreek, WA

"I felt so great after leaving the school yesterday. Just inspired and grateful and awed. Justina & Lorie Ann, THANK YOU for actively spreading the message of gratitude!!! You guys are awesome and will truly make a difference in this world!"
University Bookstore, Jessica Perez

"I am honestly more motivated than I have been in a long time and I want to thank the two of you for opening my eyes to all the things I should feel grateful for...I dont want to be Eyore for the rest of my life."
Student, Jackson High, Millcreek, WA

An Attitude of Gratitude

"Grateful people report higher levels of positive emotions, life satisfaction, vitality, optimism and lower levels of depression and stress. The disposition toward gratitude appears to enhance pleasant feeling states more than it diminishes unpleasant emotions. Grateful people do not deny or ignore the negative aspects of life." - Robert A. Emmons and Michael E. McCullough

Robert A. Emmons is a leading researcher in the field of psychology of gratitude, professor at UC-Davis and author of four books on the subject. Together with Michael E. McCullough they have conducted a number of experimental studies in the field, here's a summary of their findings:

- 1) In an experimental comparison, those who kept gratitude journals on a weekly basis exercised more regularly, reported fewer physical symptoms, felt better about their lives as a whole, and were more optimistic about the upcoming week compared to those who recorded hassles or neutral life events (Emmons & McCullough, 2003);
- 2) Participants who kept gratitude lists were more likely to have made progress toward important personal goals (academic, interpersonal and health-based) over a two-month period compared to subjects in the other experimental conditions;
- 3) A daily self-guided gratitude exercises with young adults resulted in higher reported levels of the positive states of alertness, enthusiasm, determination, attentiveness and energy compared to a focus on hassles or a downward social comparison (ways in which participants thought they were better off than others);
- 4) Participants in the daily gratitude condition were more likely to report having helped someone with a personal problem or having offered emotional support to another;
- 5) In a sample of adults with neuromuscular disease, a 21-day gratitude intervention resulted in greater amounts of high energy positive moods, a greater sense of feeling connected to others, more optimistic ratings of one's life, and better sleep duration and sleep quality, relative to a control group;
- 6) Children who practice grateful thinking have more positive attitudes toward school and their families (Froh, Sefick, & Emmons, 2008). <http://sothankfulproject.blogspot.com>

To book a workshop or presentation, contact loriegrover@gmail.com