



# Gratitude Resources

## #HappinessIsCourage

### Books

- The Happiness Advantage - Shawn Achor
- Leading with Gratitude - Adrian Gostick & Chester Elton
- Silver Threads: Living a Life of Gratitude (+ companion journal) - Sarah Ratekin

### Websites/Podcasts

- <https://www.happinesslab.fm/> (Yale Professor Dr. Laurie Santos)
- <https://my.happify.com/> (free/paid access levels)
- <http://greatergood.berkeley.edu/expandinggratitude>
- <https://www.lookforthegoodproject.org/>
- <https://www.randomactsofkindness.org/>

### Apps

- Action for Happiness - Daily Prompts (free)
- Gratitude Garden (free)
- ThinkUp (free/paid premium)

@happinessiscourage (IG)  
@happiness.is.courage (Tiktok)  
[www.happinessiscourage.com](http://www.happinessiscourage.com)

