

November 12, 2003:
Power Of Appreciation

Noelle C. Nelson, Ph.D., co-author of [The Power Of Appreciation](#)

Mike Carruthers:

It's a simple concept, and it goes like this:

Noelle C. Nelson, Ph.D.:

You've got to appreciate what you have, to get what you want.

Dr. Noelle Nelson, co-author of the book [The Power Of Appreciation](#)

You can see this with people all the time if you just start tuning into it. There are people who walk around saying "Life is terrible. I hate my life. Life is dreadful." And you'll notice that their life just gets worse and worse. And there are people who are walking around saying, with no better reason than the others, "Life is great. I enjoy my life. Life is a good thing." And you'll notice that their life tends to get better and better.

Dr. Nelson says it's a simple idea, and it DOES work. She and her co-author set out to test it.

We created "Appreciators Groups" and what these people set out and accomplished was absolutely incredible. One gentleman, who had a very bad relationship with his adolescent son...basically wouldn't talk to him, and so the father decided to start appreciating his son; which was almost impossible to because the kid was being so difficult...such a challenge. And he went with the basics...he appreciated the fact that he even had a child. And haltingly, creepingly a relationship developed.

And not only can you get what you want by being appreciative, you can also live longer.

That has been demonstrated in many, many different scientific studies. A famous study of Centenarians showed that the people who live past a hundred tend to generally be much more positive and optimistic and to appreciate life. They have an appreciation for the everyday stuff of life.

At [somethingyoushouldknow.net](#), I'm Mike Carruthers and that's Something You Should Know.