

Positive and Upbeat Books

DB075411

Title: Chicken Soup for the Soul

Author: Jack Canfield

Inspirational accounts of overcoming adversity. Includes expressing gratitude, maintaining a positive attitude, and being grateful despite economic hardship, illness, and other misfortunes. Commercial audiobook. 2009.

DB075355

Title: How to Win Friends and Influence People in the Digital Age

Author: Brent Cole

This update to How to Win Friends and Influence People (DB 53469), offered seventy-five years after the original was published, incorporates successful use of social media. Details easy-to-employ strategies for productive conversations and collaborations in business and personal life. Discusses ways to communicate, lead, and work well with others. 2011.

DB 075806

Title: Choosing Happiness: Life and Soul Essentials

Author: Stephanie Dowirck

Australian inspirational author explores seven practices that she believes provide contentment through positive interaction with other people. Includes mental exercises, self-examinations, and meditations to learn new life skills that lead to happiness. Some strong language. Commercial audiobook. 2005.

DB077664

Title: Break Out! Five Keys to Go Beyond Your Barriers and Live an Extraordinary Life

Author: Joel Osteen

Popular television pastor offers the positive habits and perspectives that he believes will create a life without limitations. Osteen proposes that by taking faith in the limitless power and possibilities of God, you can increase your productivity, improve your relationships, and accomplish your dreams. Bestseller. 2013.

DB082790

Title: The Power of I Am

Author: Joel Osteen

Television pastor and author of *You Can, You Will* (DB 81051) advocates for the power of positive thinking. Encourages the reception of God into your life, envisioning what you want to be by presenting it as a statement that begins with "I am . . ." Shares stories of success. Commercial audiobook. Bestseller. 2015.

DB83701

Title: Keep Moving: And Other Tips and Truths About Aging

Author: Dick VanDyke

Approaching his ninetieth birthday, the entertainer shares upbeat stories and advice about life and aging, with a focus on keeping a positive attitude. He stresses that he tries to live life to the fullest and never worries about what is "age appropriate." 2015.

DB083120

Title: Power Words: What You Say Can Change Your Life

Author: Joyce Meyer

Author of *Living Courageously* (DB 81079) and *Let God Fight Your Battles* (DB 82145) expands on the concept of the power of positive thinking combined with prayer to identify and overcome everyday problems. Suggests specific words on which to focus. Unrated. Commercial audiobook. 2015.

DB081121

Title: Better than Before: Mastering the Habits of Our Everyday Lives

Author: Gretchen Craft Rubin

Author of *The Happiness Project* (DB 70275) maintains that the habits we develop can be the key to happiness and productivity. She discusses how to set good habits and change those that are not beneficial. Commercial audiobook. Bestseller. 2015.

DB076697

Title: Making Good Habits, Breaking Bad Habits: Fourteen New Behaviors That Will Energize Your Life

Author: Joyce Meyer

Author of *Never Give Up* (DB 68923) and other faith-based books examines negative behavior patterns and discusses fourteen good habits,

including responsibility, generosity, and happiness. Encourages putting God first. Commercial audiobook. 2013.

DB080435

Title: Success through Stillness: Meditation Made Simple

Author: Russell Simmons

Entrepreneur and author of Do You! (DB 65065), who believes the most fundamental key to success is meditation, explains how to use stillness as a powerful tool to access potential. Illustrates the connection between inner peace and outward success through interviews with successful leaders in various industries. 2014

DB082454

Title: The Gratitude Diaries: How a Year Looking on the Bright Side Can Transform You

Author: Janice Kaplan

Kaplan chronicles a year in which she vows to live gratefully. Researching positive thinking, and promising herself to focus on the good things in her life, the author discovers the importance of attitude. She believes gratitude can transform every aspect of your life. Unrated. Commercial audiobook. 2015.

DB082139

Title: Triggers: Creating Behavior That Lasts--Becoming the Person You Want to Be

Author: Marshall Goldsmith

Examines the external factors that influence our behavioral responses--triggers--and that can negatively affect the immediate situation. Presents advice on ways to identify individual triggers, avoidance techniques, and turning negatives into positives. Bestseller. 2015.

DB079419

Title: The Happiness of Pursuit: Finding the Quest that Will Bring Purpose to Your Life

Author: Chris Guilebeau

Entrepreneur shares insights he learned while traveling the globe on his own quest to visit all of the countries of the world by the age of thirty-five. Discusses the impact of questing on long-term happiness. Shares personal stories of other questers. Some strong language. Commercial audiobook. 2014.

DB075806

Title: Choosing Happiness: Life and Soul Essentials

Author: Stephanie Dowrick

Australian inspirational author explores seven practices that she believes provide contentment through positive interaction with other people. Includes mental exercises, self-examinations, and meditations to learn new life skills that lead to happiness. Some strong language. Commercial audiobook. 2005.

DB07396

Title: The Best Advice I Ever Got: Lessons from Extraordinary Lives

Author: Katie Couric

Australian inspirational author explores seven practices that she believes provide contentment through positive interaction with other people. Includes mental exercises, self-examinations, and meditations to learn new life skills that lead to happiness. Some strong language. Commercial audiobook. 2005.