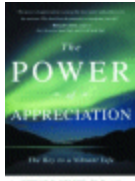


• BOOKS



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The Power of Appreciation The Key to a Vibrant Life

By Noelle C. Nelson, Ph.D. and Jeannine Lemare
Calaba, Psy.D.

(Beyond Words Publishing, 224 pages, \$14.95 U.S.)

I absolutely loved this book. Being raised by a very positive mother certainly had its benefits in my own life and after reading this book I now understand why. *The Power of Appreciation* can help us all understand the importance of living a positive, appreciative life and how to be an example to others in the transformation of self.

Dr. Nelson and Dr. Calaba's premise is that appreciation is, in essence, a vibrational energy. When we feel appreciation, this energy becomes "gratitude, engaging the heart and value, engaging the mind." The authors use EEGs and testing to measure the outcome of changing one's thoughts from negative to positive.

Very early in the book they show how the cerebellum (the part of the brain that controls and integrates movements) is directly involved in either negative or positive energy. Using a scan, they show a brain which shows little energy or activity coming from this important part of the brain when one is angry, depressed, or generally feeling negative. So, when one thing goes wrong, bad things seem to follow (tripping over something, dropping a glass perhaps, etc.)—everything escalates. Your thinking becomes muddled and it's possible your memory is even having glitches. On the other hand, when you're feeling positive, appreciative, and good, the cerebellum scan is lit up with maximum energy. And, when one thing goes right, good things seem to follow.

This idea of vibrational energy changing physiological functions is not a new one. But it's refreshing to see the topic being heralded to lay audiences, giving everyone the opportunity to make the most of their own lives. Drs. Nelson and Cabala illustrate how we can change the wording in our heads from "old beliefs" to "new beliefs" simply by changing how we approach the relationships in our lives. Imagine, just by shifting your beliefs from negative to positive, you can literally make positive changes in your life. *The Power of Appreciation* is truly just that—power.

The book was so good, I plan on purchasing a dozen or so to give to my friends and patients. It is a common sense approach to how to change our thoughts and feelings into self appreciation—a gateway into the future of positive thought.

—Dr. Robyn Finseth