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,

**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.