



# The Upside of Down Times: Discovering the Power of Gratitude

*Lisa Ryan*

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"I highly recommend this book if you want to be happier, healthier and wealthier. I read this book in one sitting and began implementing some of the ideas the next day. The ideas are easy to implement but powerful in their results." —Jack Canfield, Co-creator of the Chicken Soup for the Soul series and The Success Principles

"Lisa Ryan captivates you with her passion, humor, and enthusiasm for the power of gratitude when you read *The Upside of Down Times*. Her personal stories, funny anecdotes and insightful research help you find all the reasons to be grateful in life." --John Gray, Ph.D., author of *Men Are from Mars, Women Are from Venus*

"Lisa Ryan's book, *The Upside of Down Times; Discovering the Power of Gratitude*, has left me...well, Grateful! Our lives are about choice. By understanding Ms. Ryan's accessible formula of gratitude you will never again feel victimized by life. Everyone has down times, frustrations, limitations, and challenges, and yet, it is never life circumstances that bring us to our knees--it's our perception of these circumstances that does! By adopting a life of gratitude, not only will your perceptions of life change, but you will be allowing yourself to understand the elemental fabric of true happiness and connectedness." --Dr. Joe Luciani, Author: *Self-Coaching: The Powerful Program to Beat Anxiety and Depression*

"In *The Upside of Down Times*, Lisa Ryan uses humor and passion to convey the power of gratitude and to show how gratefulness changes our perspective, boosts our health, creates meaningful relationships and helps us get through the most challenging times. She integrates inspiring examples, her own personal experiences, and supportive research making this an inspiring and engaging read. --Marci Shimoff, NY Times bestselling author *Happy for No Reason and Love for No Reason*

"*The Upside of Down Times* is an important and powerful book. Lisa Ryan shares life experiences that lead to understanding the immense power of gratitude. She also includes practical suggestions that allow the reader to incorporate simple gratitude strategies that work." --Mike Robbins, author, *Focus on the Good Stuff*

One of the downsides of life is that we rarely have to deal with an overabundance of gratitude. Most of us tend to focus on the negative. We don't receive nearly as much acknowledgment as we would like, and we don't give as much recognition as others deserve.

Now for the upside! When we learn to harness the power of gratefulness, we can make a major positive difference in so many areas of our lives, as well as the lives of those around us. *The Upside of Down Times* is your first step toward making that happen.

Internationally recognized gratitude expert, motivational speaker and best-selling author, Lisa Ryan, shares her journey to harnessing the power of gratitude through research, anecdotes, and personal stories. Personal interviews conducted by Ms. Ryan showcase the power of appreciation in four specific areas using the acronym SHOW. She reveals the effect of thankfulness on the SELF - your perspective, how you look at the events/circumstances in your life. She'll address the HEALTH benefits and positive physical impact. She'll

reveal how gratitude improves our relationships with OTHERS, and finally, she'll divulge the influence of gratitude on our WEALTH, leading to bottom-line results for business.

You'll discover:

- How a consistent gratitude practice helps you find good in all situations, no matter what
- The #1 reason customers stop doing business with a company.
- How to strengthen your immune system in just five minutes a day.
- The importance of maintaining a 5:1 positivity ratio for health relationships

You'll have the opportunity to participate in your own journey with reflection questions and activities at the end of each chapter. By the time you've gone through this book, you will notice a difference. And if you don't - others will!

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