

From the bestselling author of *The Year of Living Biblically*

**A.J. JACOBS**

# THANKS — A — THOUSAND



**A GRATITUDE JOURNEY**

**TED**

A. J. Jacobs

## Thanks A Thousand: A Gratitude Journey (TED Books)



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The theory was deceptively simple: New York Times bestselling author A.J. Jacobs made a decision to thank each and every person involved with producing his morning cup of coffee. The resulting trip takes him around the world, transforms his life, and reveals secrets about how exactly gratitude can make people happier, even more generous, and more connected. savoring meditation”]. Jacobs discovers that his espresso—and every other item inside our lives—wouldn't normally be possible without a huge selection of people we usually neglect: farmers, chemists, performers, presidents, truckers, mechanics, biologists, miners, smugglers, and goatherds. Thanks a Thousand is a reminder of the amazing interconnectedness of the world. It shows us how much we take for granted. his disposition is more Larry David than Tom Hanks— It teaches us how gratitude could make our lives happier, kinder, and more impactful. And by the finish, it' and fall asleep at night. Along the way, Jacobs provides fantastic insights and useful tips, from how to concentrate on the a huge selection of issues that go right every day rather than the few that go wrong. s benefits are legion: It improves compassion, heals the body, and helps fight major depression. Jacobs gleans wisdom from vivid characters all over the globe, including the Minnesota miners who extract the iron that makes the steel found in espresso roasters, to the Madison Avenue entrepreneurs who captured his wandering attention for a moment, to the farmers in Colombia. Gratitude' And how our lifestyle overemphasizes the individual on the team. And how to practice the artwork of “Author A.s clear to him that scientific analysis on gratitude holds true. By thanking these folks in person, Jacobs finds some much-needed brightness in his life. Gratitude does not come normally to Jacobs—but he sets off on the journey on a dare from his son. And it'll inspire us to check out our own “Gratitude Trails.”



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It is that easy. No one can be good enough. Funny, never preachy - just how AJ writes is similar to a friend telling you a fascinating story. Makes you smile, makes you think Really enjoyed scanning this little gem of a book. This review is definitely one particular act, and I hope it prospects others to read the book and let others know just how thankful they're for them. The gift that keeps on giving A. Just ordered 6 more copies for holiday gifts - it's the ideal digestible size and just all-around enables you to feel good. Recommend! Thank You, AJ Jacobs! I'm grateful for AJ Jacobs. His books have already been amazing, amusing and inspiring if you ask me. I also liked the voice as much as the content. Both funny and inspiring, a nice quick read. And in thanking all of them, Jacobs realizes that while he once regarded as that the \$3 price of his morning espresso was wildly costly, understanding all that has gone into it has managed to get wildly underpriced. You alluded to your attempt to find God. Both poignant and comical simultaneously, the book is already making me more alert to the benefits of seemingly little acts of gratitude. God provides us His forgiveness and grace actually for grouches. Simply receive it. Grateful because of this book AJ Jacobs is one of my favorite authors and this book didn't disappoint. You won't not be thankful you read this I was sad it was over so soon! Thank you This book made me smile and think. J. for writing this reserve!. I'll be purchasing some extra copies as gifts! A BOOK ABOUT GRATITUDE . What a great reminder of just how much there is certainly to be thankful for! I treasured AJ's voice throughout and useful tips for making gratitude a more prominent component of your entire day and life. AND COFFEE In "Thanks one thousand" AJ Jacobs has taken a mainstay of our daily existence that hardly receives another thought -- the morning cup of coffee -- and uses it as a lesson in gratitude, his personal and ours, by personally thanking the many human beings who've been a part of making that mundane ritual possible. It started as a way of showing his youthful sons that the thanks they expressed each night for the food at their dining room table was only the beginning of expressing gratitude. He decided to pursue the inquiry further, as he did in his previously books: The Know-It-ALL, that he browse the encyclopedia from A to Z to become the smartest (if admittedly not really the wisest) person on earth; The Year of Living Biblically, in which he tried to adjust biblical precepts (like stoning adulterers) to modern urban life; Drop Dead Healthy, in which he sought bodily perfection; and It's All Relative, that he created a protracted family tree and arranged the world's largest family reunion. In his current reserve, the journey started from the end product, with Jacobs individually thanking the barista serving his coffee, and proceeds to thank the owner of his local coffee shop, the espresso purchasing agent, the glass, roasting and brewing machine manufacturers, all the way back again to the roasters and the growers, pickers and sorters in Colombia. Jacobs present us how that simple cup of coffee took the mixed labor of "performers, chemists, presidents, mechanics, biologists, miners, packagers, smugglers and goatherds" requiring all types of transportation and counting on "historic wisdom and space age technology" . We learn of the Colombian priest who recommended planting coffee trees as penance for confessed sins, of the specialized spittoons used by coffee tasters, of climate predicting machines and of the person who developed the guts range on highways for traffic safety. Many thanks for opening the door to better gratitude on my part. In the last web pages of the publication Jacobs lists by name the greater than a thousand persons in the creation of the end product of his cup of coffee, and the book itself. Jacob's trip of graciousness delights you not merely with unexpected personas and nuggets of understanding, but most of all he gently problems you to change to a mindset of deeper appreciation of the the beautiful world and people all around us!J. By deciding to thank every individual involved with producing his morning sit down elsewhere, A. Thanks for sharing an excellent tale! Jacobs launches an

ambitious, insightful journey. The rich conversations, fascinating study, and empowering ideas included in Thanks a lot a Thousand make for a compelling read. Along with his normal humble and humorous style, AJ's latest book reminds us that the trick to being happy isn't getting what you want, but rather being grateful for everything you have.. I've a newfound appreciation for my daily cup of joe and for so lots of the little factors in lifestyle that connect us.J. Jacobs is one of those rare human beings who can do the seemingly difficult and make you feel like you were part of the journey while he does it. His latest book may be the perfect present, bedside reading, or travel companion. I dare any reader not to smile while turning each page, or ponder just how much we each need to be grateful for in our very own lives. I'm certainly grateful to A. A compelling read! Great, thought-provoking read. "Deeply Grateful" for this book We am "deeply grateful" to A.J. Jacobs for writing this gem of a publication. Our world needs even more people centered on gratitude and connections. In the process Jacobs has encouraged most of us to create our very own Gratitude Trail, to provide us all a sense of just how many people it takes to create the items in our daily lives and the people we often neglect.



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