

Department of Psychology Distinguished Speaker Series



DR. THOMAS GILOVICH, CORNELL UNIVERSITY

TALK: Enemies of Gratitude

ABSTRACT

When people feel grateful, they are not only happier, they find it easier to get in touch with their “best self”—more generous, more disciplined, more virtuous. Given all of these benefits, why is it so easy for people to lose sight of all there is to be grateful for? In this talk, I will discuss several “enemies” of gratitude and the psychological processes that underlie them. I will also discuss how they might be combatted—making it easier for people to feel grateful and live up to their best selves.

BIOGRAPHY

Thomas Gilovich is the Irene Blecker Rosenfeld Professor of Psychology at Cornell University and co-director of the Cornell Center for Behavioral Economics and Decision Research. He specializes in the study of everyday judgment and reasoning. In addition to his articles in scientific journals, Dr. Gilovich is the author of *How We Know What Isn't So* (Free Press), *Why Smart People Make Big Money Mistakes* (Simon and Schuster, with Gary Belsky), *Social Psychology* (W.W. Norton, with Dacher Keltner, Serena Chen, and Richard Nisbett), and *The Wisest One in the Room* (The Free Press, with Lee Ross).

Dr. Gilovich is a member of the American Academy of Arts and Sciences and a Fellow of the American Psychological Association, the Association for Psychological Science, the Society of Experimental Social Psychology, and the Society for Personality and Social Psychology. He received his B.A. in Psychology from the University of California at Santa Barbara and his PhD in Psychology from Stanford University.

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