



Greater Good
SCIENCE CENTER

The Science of a Meaningful Life: Forgiveness and Gratitude



**A day-long seminar led
by Frederic Luskin, PhD,
of the famed Stanford
University Forgiveness
Projects and the best-selling
author of *Forgive for Good***



**Also featuring a one-hour
presentation and Q&A with
Robert Emmons, PhD,
the world's foremost expert on the
science of gratitude**

September 25, 2009

International House, UC Berkeley

This day-long event will teach the science and practice of forgiveness and gratitude--two research-tested practices that are essential to health, happiness, and strong connections to others. Attendees can receive six continuing education credit hours. This event is part of the Greater Good Science Center's "Science of a Meaningful Life" seminar series, made possible through a generous grant from the Quality of Life Foundation. Co-sponsored by R. Cassidy Seminars and the International House.

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