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Star search

Deborah Norville brings "Inside Edition" to San Diego on Monday where she'll take viewers on a tour of the posh new downtown Ivy Hotel.

Norville, who has just published "Thank You Power," a book exploring how taking time to count your blessings relieves stress, also is appearing at Warwick's bookstore and the San Diego Naval Station at 32nd Street. She'll then head to a reunion in Huntington Beach with one of her book subjects — Anne Hjelle, an Orange County resident who was attacked by a mountain lion while biking near the Cleveland National Forest in 2004.

The support of Hjelle's friends and family, along with her practice of showing gratitude, gave her the strength to move forward with her life.

Norville's own secret for relieving stress: a little black book in which every day she writes down things for which she is grateful.