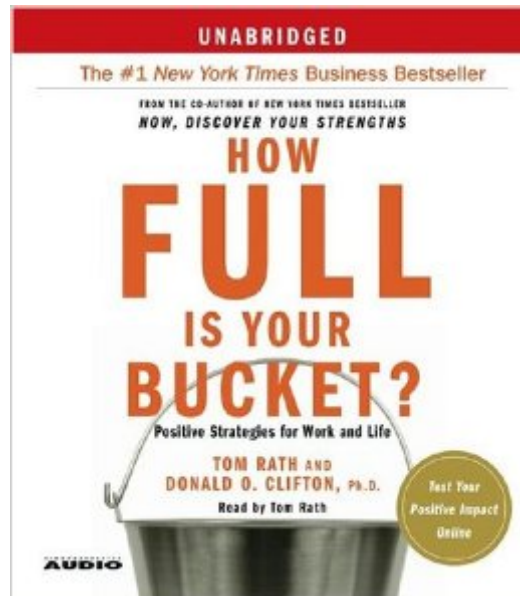


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# How Full Is Your Bucket?: Positive Strategies For Work And Life



## Synopsis

The latest bestseller from The Gallup Organization provides positive strategies for work and life is available on CD. Organized around a simple metaphor of a dipper and a bucket, *How Full Is Your Bucket?* shows how even the briefest interactions every day profoundly affect people's relationships, productivity, health, and longevity. Coauthor Donald O. Clifton, hailed as the grandfather of positive psychology, spent half a century studying the effects of emotions, interviewing people around the world. His discoveries are at the heart of *How Full Is Your Bucket?* Written in an engaging, conversational style, this audiobook includes colorful stories, five strategies for improving personal emotions, and an online test that measures readers' emotional change. *How Full Is Your Bucket?* is quick, breezy and will help listeners boost positive emotions in their lives, and in the lives of those around them.

## Book Information

Audio CD

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Product Dimensions: 5.7 x 5.2 x 0.5 inches

Shipping Weight: 5 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (346 customer reviews)

Best Sellers Rank: #688,410 in Books (See Top 100 in Books) #67 in [Books > Books on CD >](#)

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## Customer Reviews

The authors of this book have impressive credentials and are a grandfather and grandson team of Donald O Clifton and Tom Rath. Don is recognised as the "Father of Strengths Psychology" and "Grandfather of Positive Psychology" and has co-authored the best-selling "Now, Discover Your Strengths" with Marcus Buckingham. This is his very last book. Tom is the Global Practice Leader with Gallup. The book's main concept uses the metaphor of a bucket and a dipper. The bucket stores positive emotions. The ideal situation is where a bucket is full or overflowing bucket and at the other end of the spectrum is the undesired state of an empty bucket. The dipper on the other hand, either fills up or empties others' and our own buckets. We fill buckets by increasing positive

emotions and empty buckets by decreasing positive emotions or via negativity. As simplistic and commonsensical as it sounds, this concept is backed by extensive research. The introduction starts with early psychology and how it looked at "What's wrong with people". However, Don flipped the question and started researching on "What's right with people". Over the course of time, it was uncovered that human lives are shaped by interactions and these are rarely neutral. Most of our interactions are either negative or positive. Negativity Kills. The authors' cite the example of the Korean War and how the American POWs were made to feel hopeless without using much physical torture. The Korean captors used the weapons of self-criticism and mistrust as well as withheld positive support to mentally break down the POWs. On the other hand, positivity increases productivity, loyalty, engagement in social circles and better customer care.

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