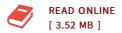




Emotional Agility: Get Unstuck, Embrace Change and Thrive in Work and Life (Paperback)

By Susan David

Penguin Books Ltd, United Kingdom, 2017. Paperback. Condition: New. Language: English . Brand New Book. No.1 Wall Street Journal bestseller USA Today bestseller Best Book of the YearEvery day we speak around 16,000 words - but inside minds we create tens of thousands more. Thoughts such as I m not spending enough time with my children or I m not good enough to present my work can seem to be unshakable facts. In reality, they re the judgemental opinions of our inner voice.Drawing on more than twenty years of academic research, consulting, and her own experiences overcoming adversity, Susan David PhD, a psychologist and faculty member at Harvard Medical School, has pioneered a new way to enable us to make peace with our inner self, achieve our most valued goals, make real change, and live life to the fullest.Susan David has found that emotionally agile people experience the same stresses and setbacks as anyone else. The difference is the emotionally agile know how to unhook themselves from unhelpful patterns, and how to create values-based success with better habits and behaviours.Emotional Agility describes a new way of living and relating to yourself and the world around you. Become aware of your...



Reviews

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