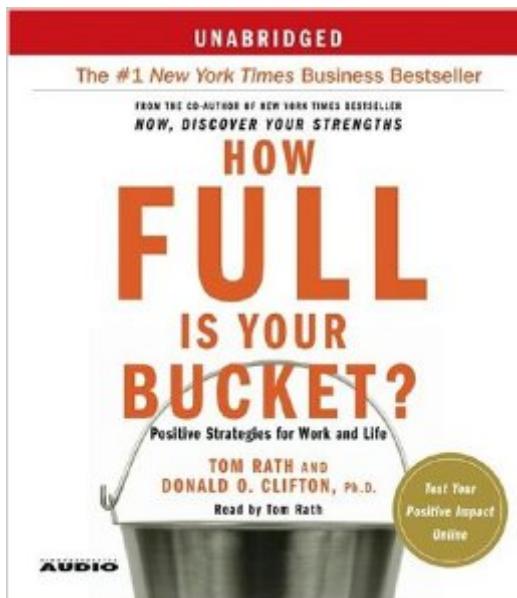


The book was found

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

Publisher: Gallup Press (January 1, 2005)

Language: English

ISBN-10: 0743544269

ISBN-13: 978-0743544269

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 Â See all reviews Â (346 customer reviews)

Best Sellers Rank: #688,410 in Books (See Top 100 in Books) #67 in Books > Books on CD > Parenting & Families > Interpersonal Relations #483 in Books > Books on CD > Business > General #795 in Books > Books on CD > Health, Mind & Body > Personal Growth

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.

[Download to continue reading...](#)

How Full Is Your Bucket?: Positive Strategies for Work and Life Bucket Blast: Play-Along Activities for Bucket Drums and Classroom Percussion The Film Buff's Bucket List: The 50 Movies of the 2000s to See Before You Die (Bucket List 101) Give Me a Bucket, Grades 4-8: A Rockin' Collection for Bucket Ensemble How Full Is Your Bucket? For Kids Chicken Soup for the Soul: Think Positive: 101 Inspirational Stories about Counting Your Blessings and Having a Positive Attitude Positive Options for Living with Lupus: Self-Help and Treatment (Positive Options for Health) I Am Positive: 31 Positive Affirmations For A Prosperous Soul (Negative Self Talk Book 4) The Energy Bus: 10 Rules to Fuel Your Life, Work, and Team with Positive Energy List Of I AM Affirmations (affirmations daily, positive, healing, christian, healthy, that work, for success, women, men, love, to change your life, book) Never Check E-Mail In the Morning: And Other Unexpected Strategies for Making Your Work Life Work The Buoy Projects: A Story of Breast Cancer, Bucket-Lists, Life Lessons, Facebook and Love Full, Full, Full of Love Make the Right Choice: Creating a Positive, Innovative and Productive Work Life Organize Your Life, How To Be Organized, Productive & Happier In Life, Declutter Your Home and Be Productive at Work. (How to plan your life, Get Organized Book 1) Bucket Filling from A to Z: The Key to Being Happy Kicking the Bucket List: 100 Downsizing & Organizing Things to Do Before You Die The Gamer's Bucket List: The 50 Video Games to Play Before You Die The Cyclist's Bucket List: A Celebration of 75 Quintessential Cycling Experiences The Dream Bucket

[Dmca](#)