

Read Online Emotional Agility
Unstuck Embrace Change

Emotional Agility
Unstuck Embrace
Change

Emotional Agility Get Unstuck, Embrace
Change, and Thrive in Work and

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LifePenguin

In *The Miseducation of Empathy*, Jonelle Massey dismantles traditional ideas about how we should be practicing empathy in our daily lives. For too long, we've been taught to try and walk a mile in other people's shoes - to try and imagine how others are feeling - but drawing from her

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professional and personal experience as a mom, a therapist, and a coach's wife, Massey teaches us how to more deeply connect with others by uncovering the thoughts behind each other's behaviors. Part memoir, part self-help, *The Miseducation of Empathy* and the stories of Jonelle's personal journey promises to

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change the way we see and connect with one another, in a time when we need it most.

As the Fourth Industrial Revolution barrels forward and the pace of disruption accelerates, all organizations must operate with agility. But this urgent priority, now widely-accepted by senior leaders, presents

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a major challenge: In business, government, and warfare, agility is a buzzword. There is no common understanding of what it means, or of what it takes to be consistently agile. In this groundbreaking book, Leo Tilman and Charles Jacoby offer the first comprehensive assessment of the

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fundamental nature of organizational agility and then describe the essential leadership practices for achieving it. They show that agility is far superior to mere speed or adaptability. Pinpointing its distinctive features, they define agility as the ability to detect and assess changes in the competitive environment in real time

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and then take decisive action. They demonstrate that agility enables an organization to outmaneuver competitors by seizing opportunities; better defending against threats; and acting as a well-orchestrated collective of teams that are empowered to take disciplined initiative. Combining their personal experience of

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building and leading agile organizations, Tilman in the realm of business and finance and Jacoby in battlefield command and homeland security, they present a powerful approach to fostering agility up and down an organization, and out to its very edges. They show how to detect opportunities and threats by fighting for

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risk intelligence; how to pierce through complexity and unleash creativity by nurturing a culture of honesty and trust; how to meld top-down vision and planning with decentralized execution; and how to enhance strategy by recognizing organizations as dynamic portfolios of risk. In a world where leaders and their teams

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must brave the unknown and step confidently forward – or risk extinction – Agility provides a vital roadmap for seizing the unprecedented possibilities of the new age and dominating change instead of being dominated by it.

The mental well-being of children and adults is shockingly poor. Marc Brackett,

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author of *Permission to Feel*, knows why. And he knows what we can do. "We have a crisis on our hands, and its victims are our children." Marc Brackett is a professor in Yale University's Child Study Center and founding director of the Yale Center for Emotional Intelligence. In his 25 years as an emotion scientist, he has developed a

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remarkably effective plan to improve the lives of children and adults – a blueprint for understanding our emotions and using them wisely so that they help, rather than hinder, our success and well-being. The core of his approach is a legacy from his childhood, from an astute uncle who gave him permission to feel. He was the first

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adult who managed to see Marc, listen to him, and recognize the suffering, bullying, and abuse he'd endured. And that was the beginning of Marc's awareness that what he was going through was temporary. He wasn't alone, he wasn't stuck on a timeline, and he wasn't "wrong" to feel scared, isolated, and angry. Now, best of all, he

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could do something about it. In the decades since, Marc has led large research teams and raised tens of millions of dollars to investigate the roots of emotional well-being. His prescription for healthy children (and their parents, teachers, and schools) is a system called RULER, a high-impact and fast-effect approach to understanding and

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mastering emotions that has already transformed the thousands of schools that have adopted it. RULER has been proven to reduce stress and burnout, improve school climate, and enhance academic achievement. This book is the culmination of Marc's development of RULER and his way to share the strategies and skills with

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readers around the world. It is tested, and it works. This book combines rigor, science, passion and inspiration in equal parts. Too many children and adults are suffering; they are ashamed of their feelings and emotionally unskilled, but they don't have to be. Marc Brackett's life mission is to reverse this course, and this book can show

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you how.

Discover the Power of Positive Psychology
and Choose Happiness Every Day

Between Breaths

Change Your Brain, Change Your Life

How Great Leaders Build Trust and Get

Extraordinary Results

A Joosr Guide to ... Emotional Agility by

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Susan David

How to Use Soft Skills to Get Hard Results
The Scientific Solution to Protect Your
Brain and Body--and Be More Resilient
Every Day

*'Pippa Grange has
something to teach all*

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*of us when it comes to
letting go of
perfectionism and
anxiety, and living with
open hearts rather than
clenched fists. Fear
Less is a total game-*

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changer.' Brené Brown If we were truly free from fear, what could we achieve? We strive for success, but we are rarely happy. The more we try to win - putting

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*on a brave face for work
or family - the more we
risk losing ourselves.
And even reaching our
goals can feel strangely
hollow. The culprit?
Fear. It makes us*

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anxious, or shameful, or turns us into perfectionists. We pretend to be someone else while aiming for a status that's never truly satisfying. There

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*is another way. A way to
find our true voice, to
win on our own terms.*

*Building that open
mindset is at the heart
of this mould-breaking
book by Dr Pippa Grange,*

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the psychologist who helped transform the England team, taking them all the way to the World Cup semi-finals in 2018. In Fear Less, Pippa Grange shows all

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of us how, by starting to live with less fear, we can find our real passions and deeper fulfilment. Her simple manifesto enables us to replace stress with

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courage, and connect with the people around us on a far deeper level. This type of success isn't about trophies or beating others, it's about

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*winning at the very
deepest level: winning
from within. It's time
to fear less.*

*The first in-depth book
on the personality
assessment used by*

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*millions of people
worldwide, revealing the
underlying needs that
drive and inspire you
Whether you're wondering
if you are in the right
career, looking to*

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*change job roles, or
trying to reduce
conflict and improve
relationships at work
and at home, you must
begin by fully
understanding your own*

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interests and needs, and how they drive your ultimate happiness as well as unleash your stress points. Used by millions of people worldwide, The Birkman

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*Method is the only
personality-assessment
tool that reaches beyond
self-described behavior
and situational analysis
to unravel the DNA
underpinning workplace*

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*satisfaction and
productivity. The
Birkman Method reveals
such aspects of your
personality as your
relationship with
authority, communication*

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style, response to incentives, ability to deal with change, and the triggers for stress that can derail you. By explaining how these factors fit together and

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work off each other, The Birkman Method becomes your guide to a deeper self-awareness that can help you attain more-inspiring leadership, better team harmony, and

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*higher goals for you
personally and
throughout any
organization.*

*Do you wish you could
build the emotional
intelligence you need to*

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*'read'/'feel' and
understand other
people's emotions and
act accordingly so you
can ultimately better
your relationship(s)
without being sucked up*

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in people's negative energies for being an empath? And are you looking for a guide that will help you take better charge of your emotions, and help you

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*to be more alert to
other people's
feelings/emotions,
situations, and more
without letting empath
tendencies stand in the
way? If you've answered*

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*YES, Let This Book Help
You Discover Exactly How
to Master Emotional
Intelligence and
Leverage the power of
Empath To Your
Advantage! It can feel*

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*like you are entering an
unknown dark world when
you have to deal with
uncontrollable emotions,
inadequate social
skills, overwhelming
negative emotions,*

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energy vampires, and more whenever you try to build your relationships. Luckily, there is a way to build emotional intelligence and work on your empath

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*qualities to ultimately
have fulfilling
relationships that don't
feel suffocating one-
sided, awkward,
overwhelming, and more.
But what does emotional*

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*intelligence have to do
with relationships? How
do you build your
emotional intelligence
so you can better your
relationships? What
about empath- what does*

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*it have to do with
relationships and how do
you take charge of your
empath qualities? How do
you use your empath to
better your social and
professional*

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relationships? If you have these and other related questions, you are in luck, because this 2 in 1 book will address them all using simple, straightforward

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*language that you can
follow with ease to
better your
relationships in every
way possible! Inside it,
you'll find How
emotional intelligence*

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*affects your life in
general Why developing
emotional intelligence
is so fundamental How to
develop, improve and
boost your emotional
intelligence Practical*

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ways to use emotional intelligence How to improve your social skills and control negative thoughts An understanding of empathis, energy, and

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*spiritual
hypersensitivity How
empath can impact your
social and professional
relationships Wether or
not you're an empath How
to build a connection*

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*with others Self-care
tips for empaths at a
glance And much more
Even if you've tried
previously to become
more aware of your
emotions unsuccessfully,*

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*this 2 in 1 guide will
help you unleash the
full potential of
emotional agility.*

*Scroll up and click Buy
Now With 1-Click or Buy
Now to get started!*

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'I find their illogic and foolish emotions a constant irritant.' - Mr Spock, on humans (Star Trek S3E7) *Emotions.*
They're a pain, aren't they? If only we were

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*all a little less
emotional and a lot more
rational, we wouldn't
get ourselves into half
the scrapes we do. But
is that a fair synopsis?
Are emotions really some*

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*form of cognitive
appendix that we'd be
better off without? Or
do they serve a deeper
purpose? For them to
take up so much of our
brain's precious*

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resources, emotions must have evolved for a reason. What is that reason? And how do they work in the brain? Are they innate, wired in from the word go,

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*allowing a baby to cry
with distress mere
seconds after exiting
the womb? Or are they
learned, over time and
through our experiences
of dealing with others?*

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*In The Emotional Brain,
Dean Burnett
investigates all these
questions - and many
more besides. Combining
in-depth research with
expert analysis, the end*

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*result is a fascinating
and endlessly
entertaining account of
the science underlying
our emotional lives.*

*The Leader's Guide to
Emotional Agility*

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*(Emotional Intelligence)
How to Turn Difficult
Feelings into Rock-Solid
Confidence
How to Begin
How to Navigate Change,
Wrestle with Failure,
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*and Live an Intentional
Life*

Fear Less

*Why Some People Are
Stronger, Smarter, and
More Skillful at Handling
Life's Diffi*

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*culties...and How You
Can Be, Too*

Emotional Agility

This book is a compilation of
'Leadership Lessons' that the
author has attempted to
present in a unique manner by

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combining, both, prose and poetry. Following a structured approach, each chapter is divided into 3 parts. The first part details a number of personal experiences from the author's own work life in the

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field of 'human resources management' with global organisations, each of which turned out to be a learning episode. In the second part of each chapter, he summarises the 'leadership lessons learnt'

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from that experience. The attempt is not be 'preachy', but to just present some desirable leadership qualities and traits that can support one's development into a leader of repute. And, finally, in the third

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and last part of each chapter, he shares in poetic words, an elaboration of each of those leadership traits.

From the Preface: My goal in this revised and updated edition of *It's Not as Bad as It Seems* is

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to offer skills which you can use to make healthier choices, to have more control over how you think, feel, and act, and to generally develop what Edward Garcia, a therapist in Georgia, once called emotional muscle.

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Since the earlier editions of this book, I have come to think of myself as a coach or personal trainer for emotional muscle. Getting our thinking in shape does not require mumbo jumbo, psychobabble, or years and

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years of endless discussions of childhood events. Rather, it is a process just like getting our bodies in shape that requires skills and practice. Now that I have been working in the field of psychology and therapy for

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more than twenty years, I am convinced more than ever that the road to emotional muscle, wellness, contentment, and happiness can be found in the tools offered in Rational Emotive Behavior Therapy

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(REBT) which is the foundation for this book. If you are ready to get in shape and create emotional muscle, then I have made every effort in this edition to offer you the training and equipment to do so. You will

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learn about those colorful sharks that swim around in our heads and largely cause emotional upset and behavioral problems (for example, procrastination, overeating, drinking too much, not

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exercising, and so on). More importantly, you will learn how to put those sharks in their place and take charge of your thinking, feeling, and behavior to achieve greater happiness and effectiveness in daily living.

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You can learn to be your own therapist in order to cope more effectively with daily stress. You will be presented with examples which illustrate just how the change process works within therapy. And perhaps best of

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all, you can learn how to empower yourself in many ways and stop being a victim of your past as you learn that today you can control your outlook, your thinking, and your beliefs about yourself, others, and the world.

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So, now it's time for you to get started. I wish you the best of success as you get your thinking in shape and develop your new emotional muscle. Self-awareness is the bedrock of emotional intelligence that

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enables you to see your talents, shortcomings, and potential.

But you won't be able to achieve true self-awareness with the usual quarterly feedback and self-reflection alone. This book will teach you

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how to understand your thoughts and emotions, how to persuade your colleagues to share what they really think of you, and why self-awareness will spark more productive and rewarding relationships with

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your employees and bosses.
This volume includes the work
of: Daniel Goleman Robert
Steven Kaplan Susan David
HOW TO BE HUMAN AT
WORK. The HBR Emotional
Intelligence Series features

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smart, essential reading on the human side of professional life from the pages of Harvard Business Review. Each book in the series offers proven research showing how our emotions impact our work lives,

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practical advice for managing difficult people and situations, and inspiring essays on what it means to tend to our emotional well-being at work. Uplifting and practical, these books describe the social skills that

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are critical for ambitious
professionals to master.

Wall Street Journal Bestseller!

Next Big Idea Club

selection—chosen by Malcolm
Gladwell, Susan Cain, Dan Pink,
and Adam Grant as one of the

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"two most groundbreaking new nonfiction reads of the season!"

"A must-read that topples the idea that emotions don't belong in the workplace." --Susan Cain, author of Quiet A hilarious guide to effectively expressing

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your emotions at the office, finding fulfillment, and defining work-life balance on your own terms. How do you stop the office grouch from ruining your day? How do you enjoy a vacation without obsessing

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about the unanswered emails in your inbox? If you're a boss, what should you do when your new, eager hire wants to follow you on Instagram? The modern workplace can be an emotional minefield, filled with confusing

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power structures and unwritten rules. We're expected to be authentic, but not too authentic. Professional, but not stiff. Friendly, but not an oversharer. Easier said than done! As both organizational

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consultants and regular people,
we know what it's like to
experience uncomfortable
emotions at work - everything
from mild jealousy and
insecurity to panic and rage.
Ignoring or suppressing what

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you feel hurts your health and productivity -- but so does letting your emotions run wild. Our goal in this book is to teach you how to figure out which emotions to toss, which to keep to yourself, and which to

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express in order to be both happier and more effective. We'll share some surprising new strategies, such as: * Be selectively vulnerable: Be honest about how you feel, but don't burden others with your

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deepest problems. * Remember that your feelings aren't facts: What we say isn't always what we mean. In times of conflict and miscommunication, try to talk about your emotions without getting emotional. * Be

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less passionate about your job:
Taking a chill pill can actually
make you healthier and more
focused. Drawing on what
we've learned from behavioral
economics, psychology, and our
own experiences at countless

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organizations, we'll show you how to bring your best self (and your whole self) to work every day.

A Leadership Journey Through
Hope, Despair, and Forgiveness
The Power of Emotional

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Intelligence to Achieve Well-Being and Success

Survivor Personality

Your Personality at Work

Get Out of Your Own Way

Dare to Lead

Raising a Family, Having a Life,

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and Loving (Almost) Every Minute

The classic guide to what makes people survivors, now in a revised and updated new edition. Who survives? Who thrives? As a psychologist who spent more than forty years studying

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the phenomenon of survival, Al Siebert gained valuable insight into the qualities and habits that help human beings overcome difficult situations—from everyday conflicts to major life stresses. In this revised and updated edition, he delineates the "survivor personality" and examines the latest

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research to show how survival skills can be learned, leading to better coping, increased success in work and relationships, and a vastly brighter outlook on the future.

Beloved former ABC 20/20 anchor Elizabeth Vargas reveals her alcohol addiction and anxiety disorder in a

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shockingly honest and emotional memoir. Winner of the Books for a Better Life Award in the First Book category Instant New York Times and USA Today Bestseller From the moment she uttered the brave and honest words, "I am an alcoholic," to interviewer George Stephanopoulos,

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Elizabeth Vargas began writing her story, as her experiences were still raw. Now, in *BETWEEN BREATHS*, Vargas discusses her accounts of growing up with anxiety--which began suddenly at the age of six when her father served in Vietnam--and how she dealt with this anxiety as she came of

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age, eventually turning to alcohol for a release from her painful reality. The now-A&E Network reporter reveals how she found herself living in denial about the extent of her addiction, and how she kept her dependency a secret for so long. She addresses her time in rehab, her first year of sobriety, and

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the guilt she felt as a working mother who could never find the right balance between a career and parenting.

Honest and hopeful, BETWEEN BREATHS is an inspiring read.

Practical, proven self help steps show how to transform 40 common self-defeating behaviors, including

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procrastination, envy, obsession, anger, self-pity, compulsion, neediness, guilt, rebellion, inaction, and more.

#1 NEW YORK TIMES BESTSELLER

- Brené Brown has taught us what it means to dare greatly, rise strong, and brave the wilderness. Now, based on

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new research conducted with leaders, change makers, and culture shifters, she's showing us how to put those ideas into practice so we can step up and lead. Look for Brené Brown's new podcast, Dare to Lead, as well as her ongoing podcast Unlocking Us!

NAMED ONE OF THE BEST BOOKS

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OF THE YEAR BY BLOOMBERG

Leadership is not about titles, status, and wielding power. A leader is anyone who takes responsibility for recognizing the potential in people and ideas, and has the courage to develop that potential. When we dare to lead, we don't pretend to have the right

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answers; we stay curious and ask the right questions. We don't see power as finite and hoard it; we know that power becomes infinite when we share it with others. We don't avoid difficult conversations and situations; we lean into vulnerability when it's necessary to do good work. But daring leadership

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in a culture defined by scarcity, fear, and uncertainty requires skill-building around traits that are deeply and uniquely human. The irony is that we're choosing not to invest in developing the hearts and minds of leaders at the exact same time as we're scrambling to figure out what

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we have to offer that machines and AI can't do better and faster. What can we do better? Empathy, connection, and courage, to start. Four-time #1 New York Times bestselling author Brené Brown has spent the past two decades studying the emotions and experiences that give meaning to our

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lives, and the past seven years working with transformative leaders and teams spanning the globe. She found that leaders in organizations ranging from small entrepreneurial startups and family-owned businesses to nonprofits, civic organizations, and Fortune 50 companies all ask the

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same question: How do you cultivate braver, more daring leaders, and how do you embed the value of courage in your culture? In this new book, Brown uses research, stories, and examples to answer these questions in the no-BS style that millions of readers have come to expect and love. Brown

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writes, "One of the most important findings of my career is that daring leadership is a collection of four skill sets that are 100 percent teachable, observable, and measurable. It's learning and unlearning that requires brave work, tough conversations, and showing up with your whole heart.

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Easy? No. Because choosing courage over comfort is not always our default. Worth it? Always. We want to be brave with our lives and our work. It's why we're here." Whether you've read *Daring Greatly* and *Rising Strong* or you're new to Brené Brown's work, this book is for anyone who wants to

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step up and into brave leadership.

Getting Out of the Box

Overcome the Invisible Barriers That
Are Holding Women Back at Work

Mastering the Language of Influence

HR in my HeaRt

Get Unstuck, Embrace Change and
Thrive in Work and Life

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Emotional Ignorance

How to be a Happier Parent

**What is there in
developmental
relationships beyond
setting and striving to
achieve goals? The**

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presence of goals in coaching and mentoring programs has gone largely unquestioned, yet evidence is growing that the standard prescription of SMART,

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challenging goals is not
always appropriate - and
even potentially
dangerous - in the
context of a complex and
rapidly changing world.
Beyond Goals advances

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standard goal-setting theory by bringing together cutting-edge perspectives from leaders in coaching and mentoring. From psychology to

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neuroscience, from chaos theory to social network theory, the contributors offer diverse and compelling insights into both the advantages and limitations of goal

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pursuit. The result is a more nuanced understanding of goals, with the possibility for practitioners to bring greater impact and sophistication to their

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client engagements. The implications of this reassessment are substantial for all those practicing as coaches and mentors, or managing coaching or

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mentoring initiatives in
organizations.

#1 Wall Street Journal

Best Seller USA Today

Best Seller Amazon Best

Book of the Year TED

Talk sensation - over 3

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million views! The counterintuitive approach to achieving your true potential, heralded by the Harvard Business Review as a groundbreaking idea of

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the year. The path to personal and professional fulfillment is rarely straight. Ask anyone who has achieved his or her biggest goals or whose relationships

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thrive and you'll hear stories of many unexpected detours along the way. What separates those who master these challenges and those who get derailed? The answer

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is agility—emotional
agility. Emotional
agility is a
revolutionary, science-
based approach that
allows us to navigate
life's twists and turns

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with self-acceptance,
clear-sightedness, and
an open mind. Renowned
psychologist Susan David
developed this concept
after studying emotions,
happiness, and

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achievement for more than twenty years. She found that no matter how intelligent or creative people are, or what type of personality they have, it is how they

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navigate their inner world—their thoughts, feelings, and self-talk—that ultimately determines how successful they will become. The way we

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respond to these
internal experiences
drives our actions,
careers, relationships,
happiness,
health—everything that
matters in our lives. As

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humans, we are all prone to common hooks—things like self-doubt, shame, sadness, fear, or anger—that can too easily steer us in the wrong direction.

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Emotionally agile people are not immune to stresses and setbacks. The key difference is that they know how to adapt, aligning their actions with their

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values and making small but powerful changes that lead to a lifetime of growth. Emotional agility is not about ignoring difficult emotions and thoughts;

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it's about holding them
loosely, facing them
courageously and
compassionately, and
then moving past them to
bring the best of
yourself forward.

Read Online Emotional Agility Unstuck Embrace Change

Drawing on her deep research, decades of international consulting, and her own experience overcoming adversity after losing her father at a young

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age, David shows how anyone can thrive in an uncertain world by becoming more emotionally agile. To guide us, she shares four key concepts that

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allow us to acknowledge
uncomfortable
experiences while
simultaneously detaching
from them, thereby
allowing us to embrace
our core values and

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adjust our actions so
they can move us where
we truly want to go.

Written with authority,
wit, and empathy,
Emotional Agility serves
as a road map for real

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behavioral change—a new way of acting that will help you reach your full potential, whoever you are and whatever you face.

A large segment of the

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population struggles
with feelings of being
detached from themselves
and their loved ones.
They feel flawed, and
blame themselves.
Running on Empty will

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help them realize that they're suffering not because of something that happened to them in childhood, but because of something that didn't happen. It's the white

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space in their family picture, the background rather than the foreground. This will be the first self-help book to bring this invisible force to light, educate

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people about it, and
teach them how to
overcome it.

An encouraging guide to
helping parents find
more happiness in their
day-to-day family life,

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from the former lead editor of the New York Times' Motherlode blog and author of the Reese Witherspoon Book Club pick, *The Chicken Sisters* In all the

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writing and reporting KJ Dell'Antonia has done on families over the years, one topic keeps coming up again and again: parents crave a greater sense of happiness in

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their daily lives. In this optimistic, solution-packed book, KJ asks: How can we change our family life so that it is full of the joy we'd always hoped for?

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Drawing from the latest research and interviews with families, KJ discovers that it's possible to do more by doing less, and make our family life a refuge and

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pleasure, rather than another stress point in a hectic day. She focuses on nine common problem spots that cause parents the most grief, explores why they are

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hard, and offers small,
doable, sometimes
surprising steps you can
take to make them
better. Whether it's
getting everyone out the
door on time in the

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morning or making sure
chores and homework get
done without another
battle, How to Be a
Happier Parent shows
that having a family
isn't just about raising

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great kids and churning
them out at destination:
success. It's about
experiencing joy--real
joy, the kind you look
back on, look forward
to, and live for--along

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the way.

Agility

Permission to Feel

Resilient

Seven Steps to Stop

Worry from Stopping You

It's Not As Bad As It

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Seems

How to Navigate the

Unknown and Seize

Opportunity in a World

of Disruption

Effective Strategies for

Coaching and Mentoring

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Discover simple, science-based strategies for beating stress at its own game When's the best time to exercise – and how much is too much? Which foods fortify the brain, and which do the opposite? How can we use music, movement, and motivation to boost our rational brain and keep

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our cool no matter what life throws our way? Short bursts of stress are an inevitable part of modern life. But how much is too much? Research is uncovering the delicate balance that can turn a brief stressful episode into systemic overload, eventually leading to inflammation, anxiety, depression,

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and other chronic health issues. This practical and groundbreaking guide reveals seven paths to fighting the effects of stress--to strengthen our natural defenses so that our minds remain sharp, and our bodies resilient, no matter what life throws at us. Each chapter examines a common stress

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agent—including inflammation, an out-of-sync body clock, cortisol levels, and emotional triggers—and presents simple ways to minimize its harmful effects with changes in diet, exercise, and other daily habits—including surprising hacks involving music, eye movements, body temperature, daily

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*routine, and more. Translating cutting-edge scientific findings into clear and simple advice, Stress-Proof is the ultimate user's guide for body, mind and well-being. **Winner, Best Stress Management Books of All Time, BookAuthority**
#1 international bestseller Publishers*

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Weekly bestseller The Globe and Mail (Toronto) The Toronto Star bestseller The Vancouver Sun bestseller From Neil Pasricha—New York Times, million-copy bestselling author of The Book of Awesome series and The Happiness Equation, thought leader for the next generation, and one of the most

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popular TED speakers in the world—comes a revelatory and inspiring book that will change the way we view failure and help us build resilience. We are lucky. For most of us, famine, plague, economic depression, and other life-threatening catastrophes are the stuff of history

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books. We're living in an era with the highest-ever rates of longevity, education, and wealth. Cars drive us home as our phones entertain us before we arrive to food delivered to the front door. We have it all! But there's just one side effect. We no longer have the tools to handle

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*failure...or even perceived failure.
When we fall, we lie on the sidewalk
crying. When we spill, we splatter.
When we crack, we shatter. We are
turning into an army of porcelain dolls.
A rude email from the boss means
calling in sick. Only two likes on our
post means we don't have friends.*

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Cell phones show us we're never good enough. Yesterday's butterflies are tomorrow's panic attacks. Record numbers of students have clinical anxiety. And what about depression, loneliness, and suicide? All rising! What do we desperately need to learn? RESILIENCE. And we need to

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learn it fast. Read You Are Awesome to learn:

- *The single word that keeps your options open after failure*
- *What every commencement speech gets wrong*
- *3 ways to dramatically accelerate your ability to learn and adapt*
- *The 2-minute morning practice that helps eliminate worry*
- *Why you*

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*need an Untouchable Day (and how to get one) • and much, much more...
Because the truth is, you really are awesome.*

*'Essential reading.' - Susan Cain,
author of Quiet Every day we speak
around 16,000 words - but inside our
minds we create tens of thousands*

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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,

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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.

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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

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behaviours. Emotional Agility describes a new way of living and relating to yourself and the world around you. Become aware of your true nature, learn to face your emotions with acceptance and generosity, act according to your deepest values, and flourish. 'An

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accessible, reader-friendly voyage. Emotional Agility can be helpful to anyone.' - Daniel Goleman, author of Emotional Intelligence Susan David has a PhD in psychology and a post-doctorate in emotions research from Yale. She is a psychologist at the Harvard Medical School and a founder

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and director at the Harvard/McLean-affiliated Institute of Coaching. Susan is the CEO of Evidence Based Psychology, whose worldwide client list includes Ernst and Young Global, the UN Development Program, JP Morgan Chase and GlaxoSmithKline. She has edited a number of books

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including the Oxford Handbook of Happiness and her research has featured in the Harvard Business Review, TIME and the Wall Street Journal. Born in South Africa, Susan now lives in Boston with her family. Professionals and business people in midlife are increasingly asking

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themselves "what's next?" in their careers and personal lives. Creating the Good Life draws on the wisdom of the ages to help contemporary men and women plan for satisfying, useful, moral, and meaningful second halves of their lives. For centuries, the brightest people in Western societies

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have looked to Aristotle for guidance on how to lead a good life and how to create a good society. Now James O'Toole--the Mortimer J. Adler Senior Fellow of the Aspen Institute--translates that classical philosophical framework into practical, comprehensible terms to help

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professionals and business people apply it to their own lives and work. His book helps thoughtful readers address some of the profound questions they are currently struggling with in planning their futures: • How do I find meaning and satisfaction? • How much money do I need in order to be

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happy? • What is the right balance between work, family, and leisure? • What are my responsibilities to my community? • How can I create a good society in my own company? Bridging philosophy and self-help, O'Toole's book shows how happiness ultimately is attainable no matter one's

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level of income, if one uses Aristotle's practical exercises to ask the right questions and to discipline oneself to pursue things that are "good for us." The book is the basis for O'Toole's new "Good Life" seminar, where thoughtful men and women gather to create robust and satisfying life plans.

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Leadership and Self-Deception

Creating the Good Life

*Applying Aristotle's Wisdom to Find
Meaning and Happiness*

The Worry Cure

The Miseducation of Empathy

*Unlocking the Power of Emotions to
Help Our Kids, Ourselves, and Our*

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Society Thrive

The Courage to Be Happy

**These days it's hard to
count on the world
outside. So it's vital to
grow strengths inside like
grit, gratitude, and**

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compassion--the key to resilience, and to lasting well-being in a changing world. True resilience is much more than enduring terrible conditions. We need resilience every day

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to raise a family, work at a job, cope with stress, deal with health problems, navigate issues with others, heal from old pain, and simply keep on going. With his trademark

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blend of neuroscience,
mindfulness, and positive
psychology, New York Times
bestselling author Dr.
Rick Hanson shows you how
to develop twelve vital
inner strengths hardwired

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into your own nervous system. Then no matter what life throws at you, you'll be able to feel less stressed, pursue opportunities with confidence, and stay calm

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and centered in the face of adversity. This practical guide is full of concrete suggestions, experiential practices, personal examples, and insights into the brain.

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It includes effective ways to interact with others and to repair and deepen important relationships. Warm, encouraging, and down-to-earth, Dr. Hanson's step-by-step

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approach is grounded in the science of positive neuroplasticity. He explains how to overcome the brain's negativity bias, release painful thoughts and feelings, and

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replace them with self-compassion, self-worth, joy, and inner peace.

'This book was a game changer for me. You will understand "anxiety" in a totally new way - a way

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that empowers and releases
you from it! Brilliant
book!' Poppy Jamie, author
of Happy Not Perfect 90
Seconds to a Life You Love
follows a simple formula:
1 choice. 8 feelings. 90

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seconds. This book teaches you that if you choose to be fully present and aware when you experience unpleasant feelings. If you choose not to block or avoid these difficult

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emotions with alcohol,
food or denial. If you
ride through the wave of
these feelings, which will
only last for 90 seconds,
you will build your
confidence. It's called

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the Rosenberg Reset and it will change your life. You will move through these emotions successfully, be better equipped to handle unpleasant feelings in the future and put yourself on

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the path to resilience,
emotional strength,
positive self-esteem and
rock solid confidence. 90
Seconds to a Life You Love
shares the only
neuroscience-based

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approach that shows readers how to achieve emotional strength and confidence. 'Joan's approach is simple, practical, and effective. It represents a

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significant breakthrough on the path to success. If you want unwavering confidence to pursue your goals and dreams, then this will guide you to it.' Jack Canfield, co-

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author of the Chicken Soup for the Soul series and The Success Principles '90 Seconds to a Life You Love is a must-read. Imagine what would happen in your life if you had unwavering

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self-esteem and greater emotional strength. This book is the roadmap, and Dr. Joan is the perfect guide.' Brendon Burchard, author of *The Motivation Manifesto*, *The Charge*, and

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The Millionaire Messenger
'Her ethos is simple: if
you sit with an unpleasant
or painful emotion for 90
seconds, keeping it in
your mind without
distractions, you will

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essentially 'ride it out'.

- Metro

What is your emotional fingerprint? Why are some people so quick to recover from setbacks? Why are some so attuned to others

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that they seem psychic?
Why are some people always
up and others always down?
In his thirty-year quest
to answer these questions,
pioneering neuroscientist
Richard J. Davidson

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discovered that each of us has an Emotional Style, composed of Resilience, Outlook, Social Intuition, Self-Awareness, Sensitivity to Context, and Attention. Where we

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fall on these six
continuums determines our
own “emotional
fingerprint.” Sharing Dr.
Davidson’s fascinating
case histories and
experiments, *The Emotional*

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Life of Your Brain offers a new model for treating conditions like autism and depression as it empowers us all to better understand ourselves—and live more meaningful

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lives.

In the vein of #Girlboss
and Nice Girls Don't Get
the Corner Office,
discover how to thrive at
work from the head of the
Global Innovation

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Coalition for Change at UN
Women with this
“passionate, practical
roadmap for addressing
inequality and finally
making our workplaces work
for women” (Arianna

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Huffington). For years, we've been telling women that in order to succeed at work, they have to change themselves first—lean in, negotiate like a man, don't act too

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nice or you'll never get
the corner office. But
after sixteen years
working with major Fortune
500 companies as a gender
equality expert, Michelle
King has realized one

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simple truth—the tired
advice of fixing women
doesn't fix anything. The
truth is that workplaces
are gendered; they were
designed by men for men.
Because of this, most

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organizations
unconsciously carry the
idea of an “ideal worker,”
typically a straight,
white man who doesn't have
to juggle work and family
commitments. Based on

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King's research and exclusive interviews with major companies and thought leaders, *The Fix* reveals why denying the fact that women are held back just because they are

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women—what she calls
gender denial—is the
biggest obstacle holding
women back at work and
outlines the hidden sexism
and invisible barriers
women encounter at work

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every day. Women who speak up are seen as pushy. Women who ask for a raise are seen as difficult. Women who spend hours networking don't get the same career benefits as

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men do. Because women don't look like the ideal worker and can't behave like the ideal worker, they are passed over for promotions, paid less, and pushed out of the

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workforce, not because they aren't good enough, but because they aren't men. In this fascinating and empowering book, King outlines the invisible barriers that hold women

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back at all stages of their careers, and provides readers with a clear set of takeaways to thrive despite the sexist workplace, as they fight for change from within.

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Gender equality is not about women, and it is not about men—it is about making workplaces work for everyone. Together, we can fix work, not women.

Brave Work. Tough

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Conversations. Whole
Hearts.

A Memoir of Panic and
Addiction

Overcoming Self-Defeating
Behavior

Get Unstuck, Embrace

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Change, and Thrive in Work
and Life

Building Resilience with
Appreciative Inquiry

How to Win at Life Without
Losing Yourself

A Proven Plan to Start

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Something That Matters
***In this follow-up to the
international
phenomenon The Courage
to Be Disliked, discover
how to reconnect with
your true self, experience***

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***true happiness, and live
the life you want. What if
one simple choice could
unlock your destiny?
Already a major Japanese
bestseller, this eye-
opening and accessible***

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***follow-up to the
“compelling” (Marc
Andreessen) international
phenomenon The Courage
to be Disliked shares the
powerful teachings of
Alfred Adler, one of the***

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***giants of 19th-century
psychology, through
another illuminating
dialogue between the
philosopher and the
young man. Three years
after their first***

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conversation, the young man finds himself disillusioned and disappointed, convinced Adler's teachings only work in theory, not in practice. But through

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***further discussions
between the philosopher
and the young man, they
deepen their own
understandings of Adler's
powerful teachings, and
learn the tools needed to***

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***apply Adler's teachings to
the chaos of everyday life.
To be read on its own or
as a companion to the
bestselling first book, The
Courage to Be Happy
reveals a bold new way of***

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***thinking and living,
empowering you to let go
of the shackles of past
trauma and the
expectations of others,
and to use this freedom
to create the life you truly***

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***desire. Plainspoken yet
profoundly moving,
reading The Courage to
Be Happy will light a
torch with the power to
illuminate your life and
brighten the world as we***

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Unstuck Embrace Change

***know it. Discover the
courage to choose
happiness.***

***The Leader's Guide to
Emotional Agility takes a
new approach to
emotional intelligence in***

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action and translates it into critical skills that every leader needs to get the most out of themselves and their people. It outlines 8 steps for achieving emotional

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***agility and resilience:
Step 1: Becoming
authentic Step 2:
Becoming self-aware Step
3: Becoming aware of
others Step 4: Using the
emotions Step 5:***

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***Understanding the
emotions Step 6:
Managing your own
emotions Step 7:
Managing the emotions of
others Step 8:
Mindfulness for leaders***

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***The chapters,
underpinned with
scientific research, offer
real-life illustrations from
leaders facing real
challenges and triumphs,
as well as exercises, case***

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studies, tips and strategies to put these steps into action. It also includes a self-assessment at the start of the book to help you find out how emotionally agile

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you already are. This straight-talking guide is the ultimate guide for busy managers wanting hard advice on how to deal with the softer side of business life.

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A text for researchers and practitioners interested in human happiness. Its editors and chapter contributors are world leaders in the investigation of happiness

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***across the fields of
psychology, education,
philosophy, social policy
and economics.***

***This edition tackles the
issue of self-deception
and provides***

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***methodologies to help
people overcome it.
A Thinking Straight
Approach to Happiness
How Its Unique Patterns
Affect the Way You Think,
Feel, and Live--and How***

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***You Can Change Them
Stress-Proof
The Fix
How to Grow an
Unshakable Core of Calm,
Strength, and Happiness
The Breakthrough***

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***Program for Conquering
Anxiety, Depression,
Obsessiveness, Anger,
and Impulsiveness
90 Seconds to a Life You
Love***

We unlock our greatness by working on

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the hard things. Coaching expert and bestselling author Michael Bungay Stanier (MBS) is on a mission: to help people achieve their most ambitious, daunting, worthy projects. But how can you get across the threshold so you can make bolder, more courageous choices in other areas of your life? The secret doesn't lie

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in mastering new habits and hacks; it's about downloading a new operating system for your life. MBS shows you how to regain power and make forward progression on projects and dreams that are meaningful to you. First, figure out The Plan. Be unabashedly ambitious for yourself and the world, commit to the

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work of hard change, and begin your hero's journey. Then, follow The Threshold Process. Set a worthy goal, weigh the prizes and punishments of acting (or not acting), and then take the first steps toward that goal. Instead of doubting yourself, fearing you'll make a mistake, and feeling like you need to play

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“small” so you don’t disrupt the status quo, start showing up for yourself so you can show up for the world. Don’t regret a life half-lived. Stepping up and pursuing your dreams is hard ... and it’s exhilarating, and it’s important. Let MBS show you how to get clear, get confident, and start anything that matters.

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The key to success in life and business is to become a master at Conversational Intelligence. It's not about how smart you are, but how open you are to learn new and effective powerful conversational rituals that prime the brain for trust, partnership, and mutual success.

Conversational Intelligence translates the

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wealth of new insights coming out of neuroscience from across the globe, and brings the science down to earth so people can understand and apply it in their everyday lives. Author Judith Glaser presents a framework for knowing what kind of conversations trigger the lower, more primitive brain; and what activates

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higher-level intelligences such as trust, integrity, empathy, and good judgment. Conversational Intelligence makes complex scientific material simple to understand and apply through a wealth of easy to use tools, examples, conversational rituals, and practices for all levels of an organization.

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Building Resilience with Appreciative Inquiry A Leadership Journey through Hope, Despair, and Forgiveness As a leader, you have work that is complex, full of ups and downs. Your ability to be resilient—to pick yourself up after setbacks and keep on going no matter the challenges—is critical not only to

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successful leadership but also to fostering teams, generating collaboration, and igniting your organization. In this breakthrough book, veteran consultants Joan McArthur-Blair and Jeanie Cockell show that Appreciative Inquiry can be an invaluable tool to build that resilience. Appreciative Inquiry is a time-tested,

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highly effective, and widely used change method that emphasizes identifying what's working well in a system and building on those strengths. Originating in the 1980s, it's been responsible for dramatic results in every conceivable type of organization. Using the authors' Appreciative Resilience model, leaders can use AI to increase their

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ability to weather the storms they'll inevitably face and come out stronger. A profoundly practical guide, this book features first-person accounts from leaders in all kinds of settings and situations describing how they've used AI concepts to increase their resilience, as well as a detailed description of the exercises and

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practices the authors use in their Appreciative Resilience Workshop. McArthur-Blair and Cockell believe that the core of resilience is the interplay among despair, hope, and forgiveness. Every leader experiences despair in those moments when there is no clear path forward. Maintaining hope that a better

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future is possible enables leaders to keep going. And forgiveness, of one's own shortcomings and those of others, helps leaders move from despair to hope. AI's focus on the best of what is and using that to generate the future makes it a particularly powerful aid and ally on this journey.

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A psychotherapist furnishes an empowering and effective new approach to understanding and overcoming worry, introducing a seven-step program designed to address the underlying fears that sabotage one's potential. Reprint. 15,000 first printing.

The Emotional Life of Your Brain

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The Secret Power of Embracing Emotions
at Work

Oxford Handbook of Happiness

No Hard Feelings

Words that Change Minds

The Birkman Method

BRAIN PRESCRIPTIONS THAT

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REALLY WORK In this breakthrough bestseller, you'll see scientific evidence that your anxiety, depression, anger, obsessiveness, or impulsiveness could be related to how specific structures in your brain work. You're not stuck with the brain

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you're born with. Here are just a few of neuropsychiatrist Dr. Daniel Amen's surprising--and effective--"brain prescriptions" that can help heal your brain and change your life: To Quell Anxiety and Panic: Use simple breathing techniques to immediately calm

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**inner turmoil To Fight Depression: ُ
Learn how to kill ANTs (automatic
negative thoughts) To Curb Anger: ُ
Follow the Amen anti-anger diet and
learn the nutrients that calm rage
To Conquer Impulsiveness and
Learn to Focus: ُ Develop total
focus with the "One-Page Miracle"**

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**To Stop Obsessive Worrying: ,
Follow the "get unstuck" writing
exercise and learn other problem-
solving exercises**

**Conversational Intelligence
Self-Awareness (HBR Emotional
Intelligence Series)
You Are Awesome**

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**Overcome Your Childhood
Emotional Neglect
Beyond Goals
Running on Empty
2 BOOKS IN 1: EMOTIONAL
INTELLIGENCE AND EMPATHY -
Boost Your Personal Growth by
Using the Best Techniques to**

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