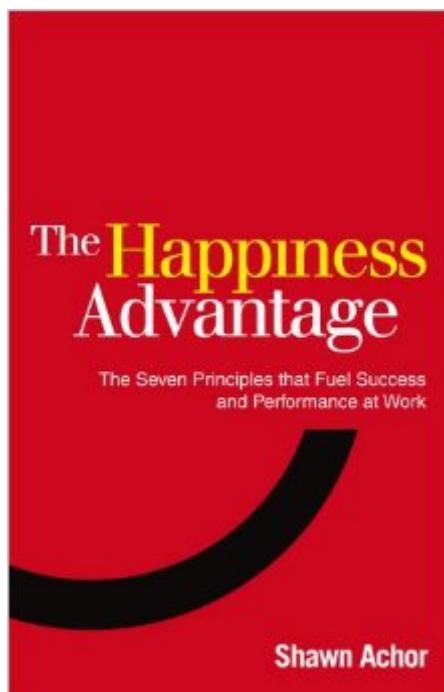


The book was found

Happiness Advantage: The Seven Principles That Fuel Success And Performance At Work



Synopsis

Most people want to be successful in life. And of course, everyone wants to be happy. When it comes to the pursuit of success and happiness, most people assume the same formula: if you work hard, you will become successful, and once you become successful, then you'll be happy. The only problem is that a decade of cutting-edge research in the field of positive psychology has proven that this formula is backwards. Success does not beget happiness. Based on the largest study ever conducted on happiness and human potential (a survey conducted by the author of more than 1,600 students), Harvard lecturer Shawn Achor shares seven core principles of positive psychology that each one of us can use to improve our performance, grow our careers, and gain a competitive edge at work. He reveals how happiness actually fuels success and performance, not the other way around. Why? Because when we are happier and more positive we are more engaged, creative, resilient to stress, and productive. "The Happiness Advantage" will appeal to anyone who wants practical advice on how to become happier and also more successful.

Book Information

Paperback: 256 pages

Publisher: Virgin Publishing; a edition (September 1, 2011)

Language: English

ISBN-10: 0753539470

ISBN-13: 978-0753539477

Product Dimensions: 5 x 0.6 x 7.8 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 starsÂ ¤ See all reviewsÂ (909 customer reviews)

Best Sellers Rank: #1,958 in Books (See Top 100 in Books) #4 inÂ Books > Health, Fitness & Dieting > Psychology & Counseling > Occupational & Organizational #22 inÂ Books > Health, Fitness & Dieting > Psychology & Counseling > Applied Psychology #42 inÂ Books > Health, Fitness & Dieting > Mental Health > Happiness

Customer Reviews

I saw Shawn Anchor's presentation on PBS where he explained a simple 5 minute technique called 'The 3 Gritudes'. I was brought up in a culture of pessimism and had 50 years of experience that was so deeply entrenched that I decided that I would be the perfect candidate for experimentation with such a simple exercise. I've never had much luck trying to change my 'default mode' of negative self-concept (no matter how much therapy I've had or how many self-help books I've read)

so I was really on a mission to prove this man and his ideas wrong! I listened to the whole book on tape to make sure I was doing it as explained in the television presentation and this is what I did: It takes exactly 21 days to create a new neural pathway so you have to do the exercise everyday for 3 weeks. If you skip or forget to do it, you just keep going until you've done the exercise 21 times. If you find you're missing a lot it's just your old self trying to maintain the status quo. Tell yourself that it's less than 5 minutes a day and that you're out to prove the experiment wrong! (if you really find that you're resistant). You want to find the part of your routine in the morning where you have a moment (well, 5 minutes) (when you're having a cup of tea or coffee for instance). Keep a notebook in that spot (at your desk or kitchen table). You must write out the experiment.1). THE THREE GRATITUDES: Write down 3 things you are grateful for (no matter how simple or small). At first I could only write about the cup of tea I was drinking! It can be any three things big or small...As you get into this you'll get more creative and become strangely exuberant about what you feel grateful for.2).

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