



The Upside of Your Dark Side: Why Being Your Whole Self--Not Just Your Good Self--Drives Success and Fulfillment (Paperback)

By Todd Kashdan

Plume Books, 2015. Paperback. Condition: New. Reprint. Language: English . Brand New Book. Two mavericks in the field of positive psychology deliver a timely message Happiness experts have long told us to tune out our negative emotions and focus instead on mindfulness, positivity, and optimism. Researchers Todd Kashdan, Ph.D., and Robert Biswas-Diener, Dr. Philos., disagree. Positive emotions alone are not enough. Anger makes us creative, selfishness makes us brave, and guilt is a powerful motivator. The real key to success lies in emotional agility. Drawing upon extensive scientific research and a wide array of real-life examples, The Upside of Your Dark Side will be embraced by business leaders, parents, and everyone else who's ready to put their entire psychological tool kit to work.



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