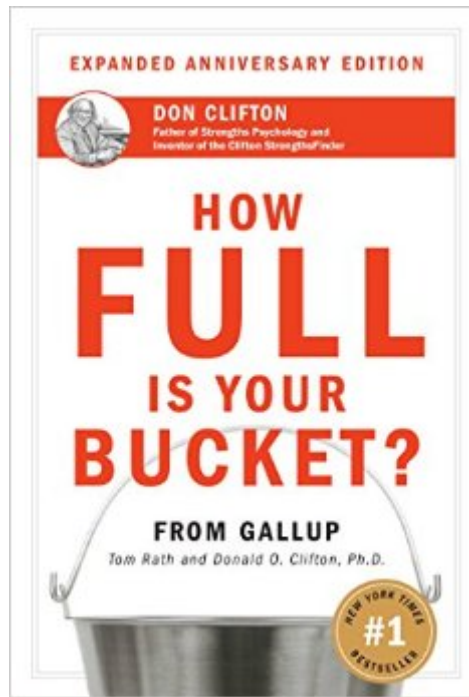


The book was found

# How Full Is Your Bucket?



## Synopsis

How did you feel after your last interaction with another person? Did that person -- your spouse, best friend, coworker, or even a stranger -- "fill your bucket" by making you feel more positive? Or did that person "dip from your bucket," leaving you more negative than before? The #1 New York Times and #1 BusinessWeek bestseller, *How Full Is Your Bucket?* reveals how even the briefest interactions affect your relationships, productivity, health, and longevity. Organized around a simple metaphor of a dipper and a bucket, and grounded in 50 years of research, this book will show you how to greatly increase the positive moments in your work and your life -- while reducing the negative. Filled with discoveries, powerful strategies, and engaging stories, *How Full Is Your Bucket?* is sure to inspire lasting changes and has all the makings of a timeless classic.

## Book Information

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## 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.

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