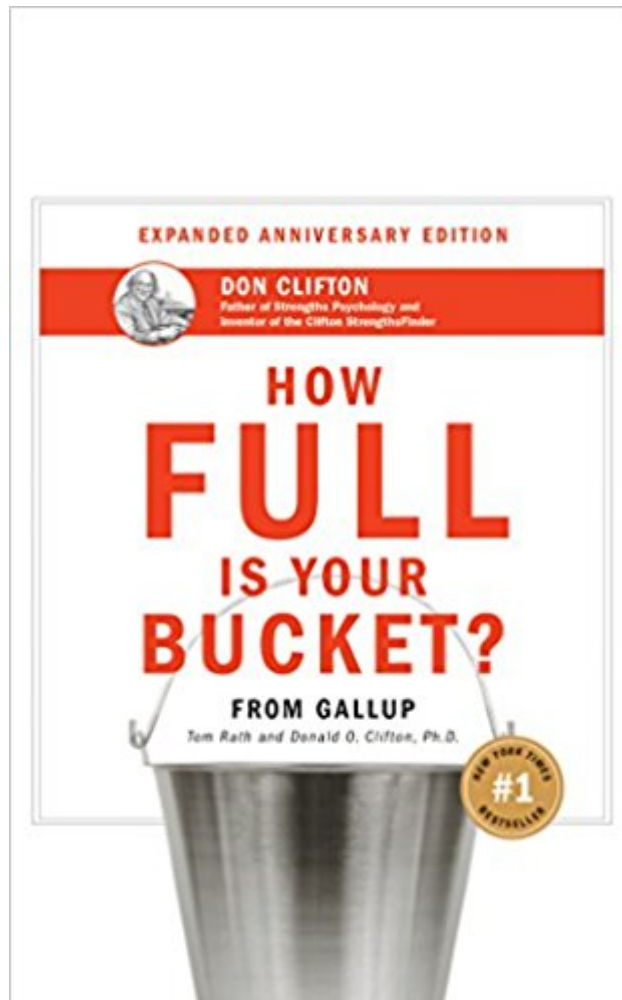




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How Full Is Your Bucket? Anniversary Edition



Synopsis

Organized around a simple metaphor of a dipper and a bucket â ” already familiar to thousands of people â ” *How Full Is Your Bucket?* shows how even the smallest interactions we have with others every day profoundly affect our relationships, productivity, health and longevity. Coauthor Donald O. Clifton studied the effects of positive and negative emotions for half a century, and he and his colleagues interviewed millions of people around the world. Their discoveries contributed to the emergence of an entirely new field: Positive Psychology. These same discoveries are at the heart of *How Full Is Your Bucket?* Clifton, who also coauthored the bestseller *Now, Discover Your Strengths*, penned *How Full Is Your Bucket?* with grandson Tom Rath. Written in an engaging, conversational style, their book includes colorful stories and five strategies for increasing positive emotions, and it features an online test that measures readersâ™ Positive Impact. *How Full Is Your Bucket?* is a quick, breezy read. It will immediately help readers boost the amount of positive emotions in their lives and in the lives of everyone around them. The book is sure to inspire lasting changes in all who read it, and it has all the makings of a timeless classic. The expanded anniversary edition includes updated research and content and a workbook for individual and team development.

Book Information

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Customer Reviews

In this brief but significant book, the authors, a grandfather-grandson team, explore how using positive psychology in everyday interactions can dramatically change our lives. Clifton (coauthor of *Now, Discover Your Strengths*) and Rath suggest that we all have a bucket within us that needs to be filled with positive experiences, such as recognition or praise. When we're negative toward

others, we use a dipper to remove from their buckets and diminish their positive outlook. When we treat others in a positive manner, we fill not only their buckets but ours as well. The authors illustrate how this principle works in the areas of business and management, marriage and other personal relationships and in parenting through studies covering a 40-year span, many in association with the Gallup Poll. While acknowledging that most lives have their share of misfortune, the authors also make clear that how misfortune affects individuals depends largely on their level of positive energy and confidence. The authors also underscore that our human interactions provide most of the joys or disappointments we receive from life. The book comes with a unique access code to www.bucketbook.com, which offers a positive impact assessment and drop-shaped note cards that can be used to give praise and recognition to others. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. --This text refers to an out of print or unavailable edition of this title.

•In this brief but significant book, the authors, a grandfather-grandson team, explore how using positive psychology in everyday interactions can dramatically change our lives. • Publishers Weekly • A well-researched, strong, and compelling case for improving self-esteem, better relationships, and health ... this book is a short, sharp, •how-to•™ guide. • People Management magazine • Useful anecdotes that managers in particular should pay attention to. • The San Francisco Chronicle • Wow! This little book is a treasure. It is chock full of wisdom, inspiration, and practical advice, rooted in solid research. It will change the way you look at your life, your work, and the world. • Martin Walsh, Executive Director, Society for Human Resource Management (SHRM) Foundation • Powerful, captivating, and easy to read. This book's heartwarming message has a spiritual quality, yet it is grounded in decades of research. • Lea E. Williams, Ed.D., Executive Director, National African-American Women's Leadership Institute, Inc. --This text refers to an out of print or unavailable edition of this title.

Best selling authors ("Strengths Finder 2.0") Tom Rath and Don Clifton continue to build on the late Donald Clifton (young Don's grandfather) work related to strategies for boosting well-being and success in the expanded anniversary edition of "How Full Is Your Bucket?" Clifton senior was a teacher of psychology at the University of Nebraska in the early 1950s when he noticed a problem: The field of psychology was based almost entirely on the study of what is wrong with people. So for the next five decades, he and his colleagues studied what is right with people and discovered that

our lives are shaped by our interactions with others and that personal success was built on our strengths, not on fixing our weaknesses. The American Psychological Association cited him as the Father of Strengths Psychology in 2002, one year before his death. "How Full Is Your Bucket?" focuses on simple daily strategies to boost our well-being by following the Bucket Principle - We each have an invisible bucket which is either being constantly filled or emptied. "When our bucket is full, we feel great. When it is empty, we feel awful." Rath and Clifton explain the bucket theory and how our daily "bucket" choices profoundly influence our relationships, productivity, health, and happiness. "We face a choice every moment of every day: We can fill one another's buckets, or we can dip from them." The book includes "Five Strategies for Increasing Positive Emotions:"* Prevent bucket dipping* Shine a light on what is right* Make best friends* Give unexpectedly* Reverse the Golden Rule And provides a detailed explanation of each. The book also includes the "Positive Impact Test;" the Gallup Recognition Interview, a tool for discovering the power of asking questions; and a guide on applying "How Full Is Your Bucket?" to teams and organizations. If you are interested in:

- * Making your workplace a lot more productive
- * Having more friends
- * Making sure your colleagues and customers are more satisfied and engaged
- * Strengthening your marriage
- * Enjoying closer relationships with your family and friends
- Or being healthier, happier, and well on your way to longer life

Then "How Full Is Your Bucket?" is the book for you.

A fast, informative, and fulfilling read. Loved this book sad that I had not read it sooner. Now, this is a book that every manager at every company as well as every employee should be required to read. I loved it so much I have asked to put together a Power Point presentation at work for a review/teaching session.

Fantastic book, I think this should be read by everybody, gives you a different perspective into your own actions and how they effect others. It also helps make it more clear how others effect your own mood and feelings. Sweet little book.

There is something very sentimental about this book. Not only does it encourage readers to be kind and supportive of others by paying it forward, but you sense the heart of the writers as Grandfather and Grandson who shared a special bond, passion, and battle with cancer. It is a quick and easy read, but packs a powerful punch on how important it is to be and share positivity.

Before I read this book, I thought I was a very good worker for the company I worked for. After

reading this book, I took a look at myself and realized I may have been Book smart, but I carried a negative attitude, which I worked on changing to a Positive Attitude after reading this book. I cant thank you guys enough for helping me change for the better. I recommend this book to everyone I talk, and explain how it changed me for the better. So I hope this helps to whomever may read what I typed up. Thank you again for such a Life Changing Book. Sincerely Steven.

How Full is Your Bucket reminds us how important it is to give to others, not necessarily monetarily, but in spirit, by "filling their buckets". It emphasizes how giving joy leads to feeling joy yourself. My book club chose it and found it to inspire a great discussion, so it is definitely recommended. It's a nice, simple premise, presented in a quick-to-read book. Mine also came with a link to find out more about myself in a sort of personality profile. Get inspired- get this book and start filling buckets to the brim.

This book will teach you how to look at life with a more positive attitude and not always see the glass as "half empty" as I tend to do many times since I have unique obstacles in my life. This book taught me how to make the most out of my personal obstacles and how to make a positive difference in this world. I recommend this book to people struggling with anger (like I used to and still do), and people who feel like they don't make a difference in the world. Just remember it is your attitude that determines your future altitude!

I read this book once a year, I buy this book and give it to people who I think would greatly benefit from it. It is an easy read. Not very long. And can literally change someone's life at home, the office, and anywhere else where your attitude can make a difference. (Which is literally everywhere)

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