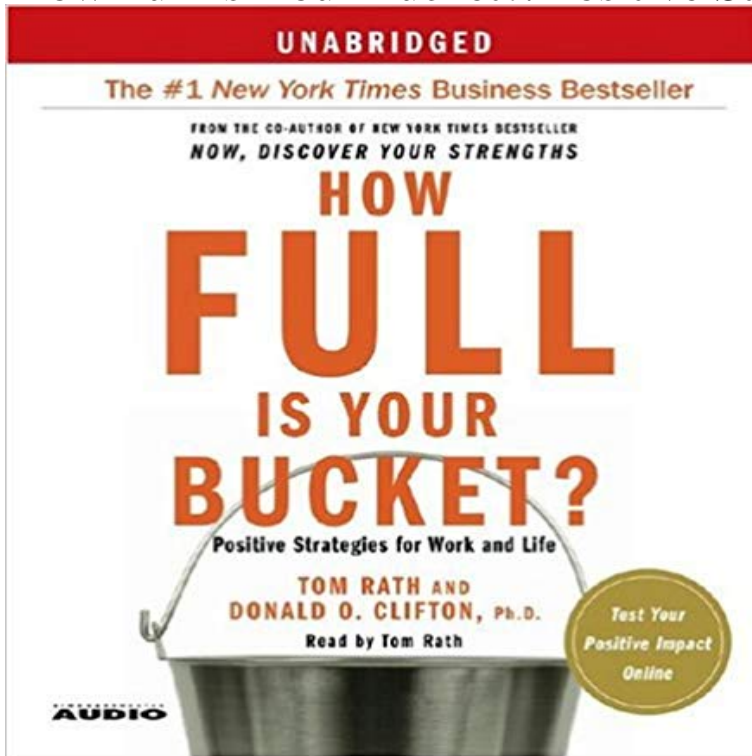


# How Full Is Your Bucket?: Positive Strategies for Work and Life



The latest bestseller from The Gallup Organization provides positive strategies for work and life is available on CD. Organized around a simple metaphor of a dipper and a bucket, *How Full Is Your Bucket?* shows how even the briefest interactions every day profoundly affect people's relationships, productivity, health, and longevity. Coauthor Donald O. Clifton, hailed as the grandfather of positive psychology, spent half a century studying the effects of emotions, interviewing people around the world. His discoveries are at the heart of *How Full Is Your Bucket?* Written in an engaging, conversational style, this audiobook includes colorful stories, five strategies for improving personal emotions, and an online test that measures readers' emotional change. *How Full Is Your Bucket?* is quick, breezy and will help listeners boost positive emotions in their lives, and in the lives of those around them.

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