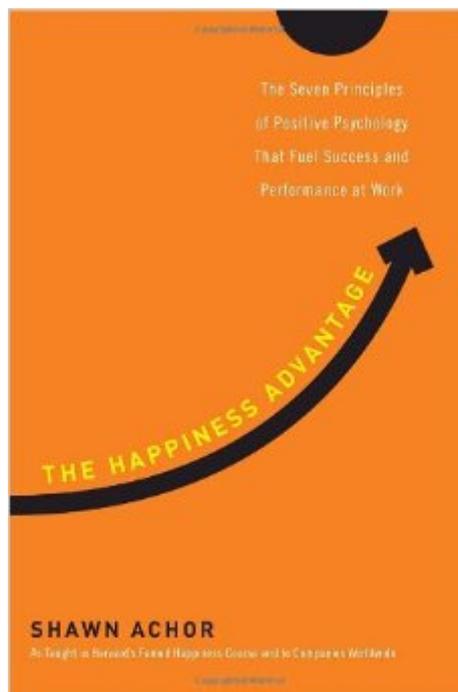


The book was found

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



Synopsis

Our most commonly held formula for success is broken. Conventional wisdom holds that if we work hard we will be more successful, and if we are more successful, then we'll be happy. If we can just find that great job, win that next promotion, lose those five pounds, happiness will follow. But recent discoveries in the field of positive psychology have shown that this formula is actually backward: Happiness fuels success, not the other way around. When we are positive, our brains become more engaged, creative, motivated, energetic, resilient, and productive at work. This isn't just an empty mantra. This discovery has been repeatedly borne out by rigorous research in psychology and neuroscience, management studies, and the bottom lines of organizations around the globe. In *The Happiness Advantage*, Shawn Achor, who spent over a decade living, researching, and lecturing at Harvard University, draws on his own research—including one of the largest studies of happiness and potential at Harvard and others at companies like UBS and KPMG—to fix this broken formula. Using stories and case studies from his work with thousands of Fortune 500 executives in 42 countries, Achor explains how we can reprogram our brains to become more positive in order to gain a competitive edge at work. Isolating seven practical, actionable principles that have been tried and tested everywhere from classrooms to boardrooms, stretching from Argentina to Zimbabwe, he shows us how we can capitalize on the Happiness Advantage to improve our performance and maximize our potential. Among the principles he outlines: *The Tetris Effect*: how to retrain our brains to spot patterns of possibility, so we can see and seize opportunities wherever we look. *The Zorro Circle*: how to channel our efforts on small, manageable goals, to gain the leverage to gradually conquer bigger and bigger ones. *Social Investment*: how to reap the dividends of investing in one of the greatest predictors of success and happiness—our social support network. A must-read for everyone trying to excel in a world of increasing workloads, stress, and negativity, *The Happiness Advantage* isn't only about how to become happier at work. It's about how to reap the benefits of a happier and more positive mind-set to achieve the extraordinary in our work and in our lives.

Book Information

Hardcover: 256 pages

Publisher: Crown Business; 1 edition (September 14, 2010)

Language: English

ISBN-10: 0307591549

ISBN-13: 978-0307591548

Product Dimensions: 6.4 x 0.9 x 9.6 inches

Shipping Weight: 14.4 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars See all reviews (909 customer reviews)

Best Sellers Rank: #2,912 in Books (See Top 100 in Books) #1 in Books > Politics & Social Sciences > Social Sciences > Specific Demographics > Hispanic American Studies #9 in Books > Politics & Social Sciences > Social Sciences > Specific Demographics > Minority Studies #27 in Books > Health, Fitness & Dieting > Psychology & Counseling > Applied Psychology

Customer Reviews

I saw Shawn Achor's presentation on PBS where he explained a simple 5 minute technique called 'The 3 Gratuities'. 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).

[Download to continue reading...](#)

The Happiness Advantage: The Seven Principles of Positive Psychology That Fuel Success and Performance at Work How to Take Advantage of the People Who Are Trying to Take Advantage of You: 50 Ways to Capitalize on the System (Take the Advantage Book 1) The Energy Bus: 10 Rules to Fuel Your Life, Work, and Team with Positive Energy The Positive Psychology of Buddhism and

Yoga, 2nd Edition: Paths to A Mature Happiness Positive Options for Living with Lupus: Self-Help and Treatment (Positive Options for Health) Chicken Soup for the Soul: Think Positive: 101 Inspirational Stories about Counting Your Blessings and Having a Positive Attitude I Am Positive: 31 Positive Affirmations For A Prosperous Soul (Negative Self Talk Book 4) List Of I AM Affirmations (affirmations daily, positive, healing, christian, healthy, that work, for success, women, men, love, to change your life, book) The Seven Checkpoints for Student Leaders: Seven Principles Every Teenager Needs to Know Summary and Analysis of The Happiness Advantage by Shawn Achor Leading Change in Healthcare: Transforming Organizations Using Complexity, Positive Psychology and Relationship-Centered Care The Antidote: Happiness for People Who Can't Stand Positive Thinking 5 Reasons To Tell Your Boss To Go F**k Themselves!: How Positive Psychology Can Help You Get What You Want BrainScripts for Sales Success: 21 Hidden Principles of Consumer Psychology for Winning New Customers Tibetan Sound Healing: Seven Guided Practices to Clear Obstacles, Cultivate Positive Qualities, and Uncover Your Inherent Wisdom Happiness, Love, and Liberation: Insights and Teachings from Buddhist Psychology The Art of Happiness in a Troubled World (Art of Happiness Book) The Pursuit of Happiness: Ten Ways to Increase Your Happiness (Paul G. Brodie Seminar Series Book 3) El Poder de la alegrÃ­a - The power of real Happiness: PequeÃ±os detalles que nos cambian la vida - Happiness Factory (LAS CLAVES PARA TENER ÃXITO EN LA VIDA) (Spanish Edition) The New Sustainability Advantage: Seven Business Case Benefits of a Triple Bottom Line

[Dmca](#)