



How Full Is Your Bucket?

By Tom Rath, Donald O. Clifton



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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.



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Editorial Review

From Publishers Weekly

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.

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Review

"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.

From the Inside Flap

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Users Review

From reader reviews:

Nora Carter:

Do you one of people who can't read enjoyable if the sentence chained inside straightway, hold on guys this specific aren't like that. This *How Full Is Your Bucket?* book is readable by you who hate the straight word style. You will find the information here are arrange for enjoyable reading through experience without leaving actually decrease the knowledge that want to supply to you. The writer of *How Full Is Your Bucket?* content conveys objective easily to understand by most people. The printed and e-book are not different in the articles but it just different such as it. So , do you even now thinking *How Full Is Your Bucket?* is not loveable to be your top record reading book?

Jaclyn Davis:

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Myrta Bundy:

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David Moore:

The book untitled How Full Is Your Bucket? contain a lot of information on the idea. The writer explains your girlfriend idea with easy technique. The language is very straightforward all the people, so do not really worry, you can easy to read the item. The book was published by famous author. The author provides you in the new period of time of literary works. You can read this book because you can read on your smart phone, or program, so you can read the book in anywhere and anytime. If you want to buy the e-book, you can available their official web-site along with order it. Have a nice examine.

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