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~~Summary~~ Susan David EMOTIONAL

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In *Emotional Agility*, Susan David offers us a groundbreaking way to recognize our feelings and understand what they are really telling us. She also gives us the tools we need to avoid emotional ruts that keep us from reaching our bigger goals.

This book is a revelation for anyone

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Emotional Agility: Get Unstuck, Embrace Change and Thrive ...

In EMOTIONAL AGILITY: Get Unstuck, Embrace Change, and Thrive in Work and Life (Avery, On sale September 2016, Hardcover & Ebook), Susan David, Ph.D. a renowned psychologist and expert on

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emotions, happiness, and achievement, draws on her more than twenty years of research to show that emotionally agile people are not immune to stresses and setbacks.

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Embrace Agility: Get Unstuck, Embrace Change, and Thrive in Work and Life by Susan David is a book about how to use and view emotions and their often associated tension not as an oppressive force, but as mechanism to lift you up, out and beyond your current circumstances.

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Thrive in Work and Life written by Susan David which was published in 2016-4-5. You can read this before Emotional Agility: Get Unstuck, Embrace Change, and Thrive in Work and Life PDF EPUB full Download at the bottom.

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Unstuck, Embrace ...

In *EMOTIONAL AGILITY: Get Unstuck, Embrace Change, and Thrive in Work and Life* (Avery, On sale September 2016, Hardcover & Ebook), Susan David, Ph.D. a renowned psychologist and expert on emotions, happiness, and achievement, draws on her more than twenty years of

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research to show that emotionally agile people are not immune to stresses and setbacks. The key difference is they know how to gain critical insight about situations and interactions from their feelings, and use this knowledge to ...

About Emotional Agility — Susan David,

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Ph.D. Embrace Change

At its core, her work is a powerful and persuasive call to embrace change in our everyday lives, along with the very practical roadmap to make it happen. Emotional Agility is basically the fast-track to fulfillment.”. —Claire Shipman, New York Times-bestselling coauthor of

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David thoughtfully describes how it is only through healthy dialogue with our emotional body that we can truly get unstuck and embrace change. This doesn't mean we are hijacked by our emotions either, it means we practice having greater flexibility. I enjoyed David's book because it provides the stretching techniques to do

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David developed this concept after studying emotions, happiness, and achievement for more than twenty years.

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