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Emotional Agility Get Unstuck Embrace

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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.

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

Emotional 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.

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 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. 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, Ph.D.

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