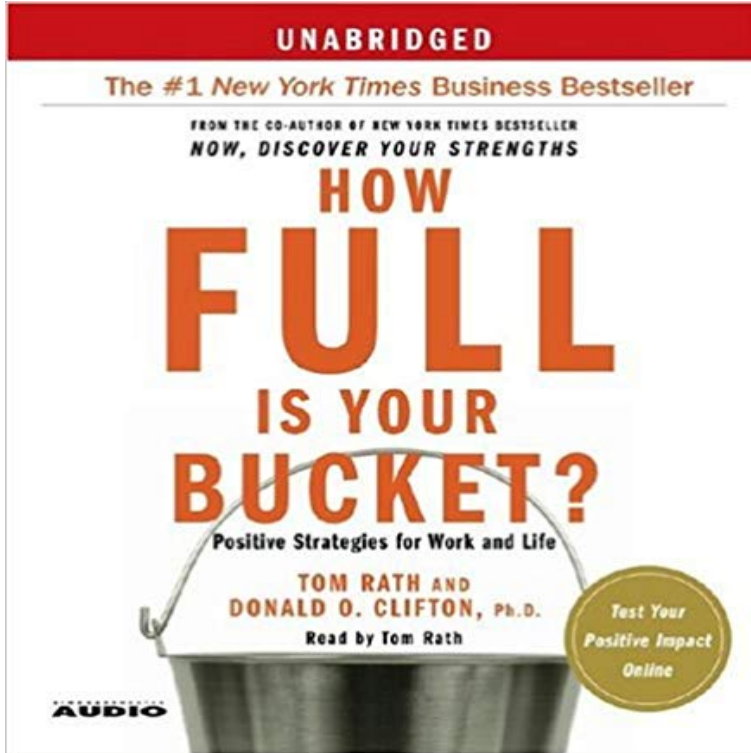


How Full Is Your Bucket?: Positive Strategies for Work and Life



How did you feel after your last interaction with another person? Did that person -- your spouse, best friend, co-worker, or even a stranger -- fill your bucket by making you more positive? Or did that person dip from your bucket, leaving you more negative than before? 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 audiobook 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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