



## Emotional Success: The Motivational Power of Gratitude, Compassion and Pride (Hardback)

By David Desteno

Pan MacMillan, United Kingdom, 2018. Hardback. Condition: New. Language: English . Brand New Book. EMOTIONAL SUCCESS is as inspiring as it is practical. DeSteno shows us how to [...] improve our lives - and the world. - Arianna Huffington, author of Thrive and The Sleep Revolution If you think the key to self-control is overriding your emotions, think again. Moral emotions can strengthen your willpower - and this fascinating book uses the latest social science to explain how. - Adam Grant, author of GIVE AND TAKE, ORIGINALS, and OPTION B with Sheryl Sandberg Gratitude, Compassion and pride - not willpower - hold the secret to achieving your goals. Using cutting-edge research, world-leading psychologist David DeSteno shows you how positive emotions are far more powerful than willpower and self-denial in achieving your goals. Willpower is quickly depleted, but our prosocial emotions become stronger the more we use them. Even better, they re contagious.\* Cultivating gratitude, compassion, and pride leads to better cardiovascular health, immune function and sleep \* Students who feel proud of their work will work 40 harder and longer than others\* Empathy and compassion are the best predictors of team success Our prosocial emotions evolved specifically to help us resist immediate...



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