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The Upside of Your Dark Side: Why Being Your Whole Self--Not Just Your Good Self--Drives Success and Fulfillment

By Todd Kashdan, Robert Biswas-Diener

BRILLIANCE AUDIO, 2014. CD-Audio. Condition: New. Unabridged. Language: English . Brand New. In The Upside of Your Dark Side, two pioneering researchers in the field of psychology show that while mindfulness, kindness, and positivity can take us far, they cannot take us all the way. Sometimes, they can even hold us back. Emotions like anger, anxiety, or doubt might be uncomfortable, but it turns out that they are also incredibly useful. For instance: - Anger fuels creativity- Guilt sparks improvement- Self-doubt enhances performance- Selfishness increases courage- Mindlessness leads to better decisions The key lies in what the authors call emotional agility, the ability to access our full range of emotions--not just the good ones--in order to respond most effectively to whatever situation we might encounter. Drawing on years of scientific research and a wide array of real-life examples including sports, the military, parenting, education, romance, business, and more, The Upside of Your Dark Side is a refreshing reality check that shows us how we can truly maximize our potential.

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