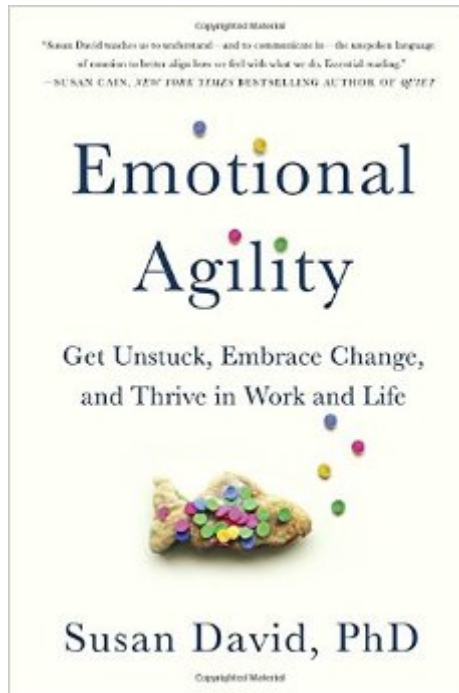


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# Emotional Agility: Get Unstuck, Embrace Change, And Thrive In Work And Life



## Synopsis

The counterintuitive approach to achieving your true potential, heralded by the Harvard Business Review as a groundbreaking idea of the year. The path to personal and professional fulfillment is rarely straight. Ask anyone who has achieved his or her biggest goals or whose relationships thrive and you'll hear stories of many unexpected detours along the way. What separates those who master these challenges and those who get derailed? The answer is agility—emotional agility. Emotional agility is a revolutionary, science-based approach that allows us to navigate life's twists and turns with self-acceptance, clear-sightedness, and an open mind. Renowned psychologist Susan David developed this concept after studying emotions, happiness, and achievement for more than twenty years. She found that no matter how intelligent or creative people are, or what type of personality they have, it is how they navigate their inner world—their thoughts, feelings, and self-talk—that ultimately determines how successful they will become. The way we respond to these internal experiences drives our actions, careers, relationships, happiness, health—everything that matters in our lives. As humans, we are all prone to common hooks—things like self-doubt, shame, sadness, fear, or anger—that can too easily steer us in the wrong direction. Emotionally agile people are not immune to stresses and setbacks. The key difference is that they know how to adapt, aligning their actions with their values and making small but powerful changes that lead to a lifetime of growth. Emotional agility is not about ignoring difficult emotions and thoughts; it's about holding them loosely, facing them courageously and compassionately, and then moving past them to bring the best of yourself forward. Drawing on her deep research, decades of international consulting, and her own experience overcoming adversity after losing her father at a young age, David shows how anyone can thrive in an uncertain world by becoming more emotionally agile. To guide us, she shares four key concepts that allow us to acknowledge uncomfortable experiences while simultaneously detaching from them, thereby allowing us to embrace our core values and adjust our actions so they can move us where we truly want to go. Written with authority, wit, and empathy, Emotional Agility serves as a road map for real behavioral change—a new way of acting that will help you reach your full potential, whoever you are and whatever you face.

## Book Information

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## Customer Reviews

This book starts out bringing up the most important concept I read in the 7 habits of highly successful people • years ago. There is a moment between something happening and our reaction to what has happened. In that moment, we can choose how to react versus, just reacting based on our pre-programmed behavior. Come to find out, this thought actually came from Elie Wiesel in how he dealt with privations from the holocaust. I found that out later also by reading his book. So in a lot of senses, this is an old idea that many of us may have been exposed to before, but it never clicked. Until I saw it in the 7 Habits book, I never realized how life changing it could be. At that time, I used this thought process to change some negative things in my life and it worked. The author then goes into detail on how some of our basic biology wires us into certain behaviors. It is part of our fight/flight reactions that saved our ancestors lives. But, unfortunately this split second reaction gets tagged to all sorts of different behaviors from our past, that might program us to react very negatively or over-react to some situations in a fashion that is not to our best benefit. This book is a means of making these behaviors more conscious and to our better benefit. If used wisely it could be life changing. The chapters break this down as being hooked to certain types of behaviors and roughly why you need to break this habit..\*\*\*\* RIGIDITY TO AGILITY\*\*\*\* HOOKED\*\*\*\* TRYING TO UNHOOK They explain the behavior that traps us and narrow them down to 3 methods of avoiding and being trapped by our emotions. If you don't see yourself in some of these, you are lying.

This book was easy to read and to help me gather some ideas that I hope to put into place. Some of the ideas will be familiar to those who meditate, because it is about clearing the chatter in your mind. That non-stop voice that is often not-so-nice with it's assessment of your short falls and keeps you from pushing yourself with the big "what if you FAIL?" You recognize the thought or the emotion much like it is a passing car...yeah, you see it, you know it's there, you acknowledge it, but that is

really all you do with it. This is tough and takes a lot of practice, but eases your mind a bit when you acknowledge it and move on, take a breath and move forward. Interestingly, though being positive is important, that is not one of the things that she wants you to strive to be, it's more that you make peace with your emotions, all of them are important and you want to be genuine. It's good to have a positive outlook, that's for sure, but sometimes we just have to embrace where we are and be "comfortable" in an uncomfortable emotion. The book has many facets-not buying into a stereotype of you that has been with you forever, not being afraid to try new things, be more bold and try to think of things on a broader plain. I especially liked some of the parts where some subjects wrote to themselves 20 years in the future. I find myself doing this occasionally now. What would I tell myself....should I try this new thing? What if I do fail? Most of the time I come back with the answer that of course I should try it. How many wonderful things have I tried that scared me but that I was so happy with in the end? Was I happy I tried? Almost entirely I would say yes, go for it, even if it scares you. If not now....When?

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