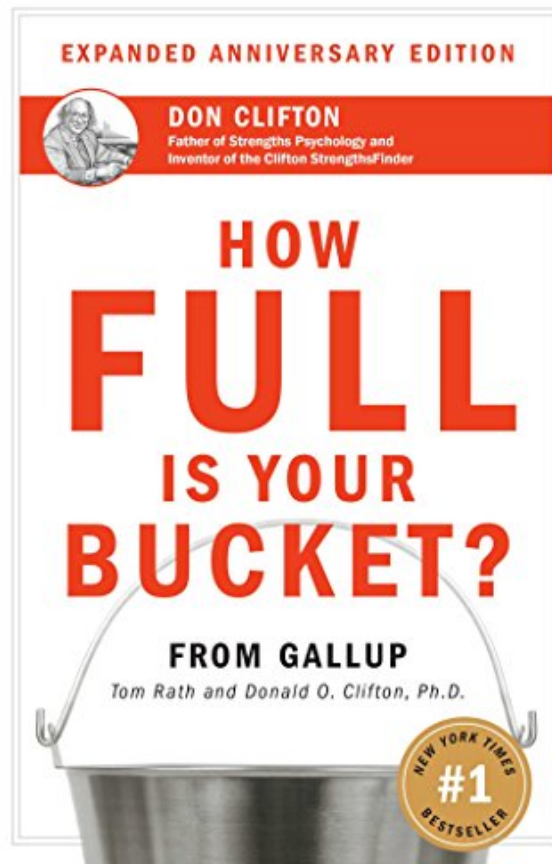


HOW FULL IS YOUR BUCKET? BY TOM RATH, DONALD O. CLIFTON



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EXPANDED ANNIVERSARY EDITION



DON CLIFTON

Father of Strengths Psychology and
Inventor of the Clifton StrengthsFinder

HOW FULL IS YOUR BUCKET?

FROM GALLUP

Tom Rath and Donald O. Clifton, Ph.D.



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From Publishers Weekly

In this brief but significant book, the authors, a grandfather-grandson team, explore how using positive psychology in everyday interactions can dramatically change our lives. Clifton (coauthor of *Now, Discover Your Strengths*) and Rath suggest that we all have a bucket within us that needs to be filled with positive experiences, such as recognition or praise. When we're negative toward others, we use a dipper to remove from their buckets and diminish their positive outlook. When we treat others in a positive manner, we fill not only their buckets but ours as well. The authors illustrate how this principle works in the areas of business and management, marriage and other personal relationships and in parenting through studies covering a 40-year span, many in association with the Gallup Poll. While acknowledging that most lives have their share of misfortune, the authors also make clear that how misfortune affects individuals depends largely on their level of positive energy and confidence. The authors also underscore that our human interactions provide most of the joys or disappointments we receive from life. The book comes with a unique access code to www.bucketbook.com, which offers a positive impact assessment and drop-shaped note cards that can be used to give praise and recognition to others.

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- Great product!

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Engaging others positively is essential.

By patricia creel

Engaging others positively is essential for success in life and on the job. Empowering others, bring out their best qualities allows us to have an overflowing bucket. It's a win win for everyone involved. Let's share positive engagement in all we do. This book was short and includes tools to help one become successful in filling theirs and others buckets.

USPS, this is a must read!

8 of 9 people found the following review helpful.

I don't whether I've ever felt more ripped off by a book

By Reader in NYC

This is not a book. This is a reader's digest article. Be nice to people and surround yourself with people who enhance your life and you'll be happier and healthier. I mean it is exactly that self-evident and vapid. It is also 88 pages long. I paid \$18 for 88 pages of nothing and literally 40+ pages of padding.

Parts of the book didn't even ring true. There's a story of a star salesperson getting an award and being FURIOUS about it. Not just indifferent, but furious, and expressing his fury right there and then at the public event, because he already had plenty of awards and it didn't mean anything to him. No one with the people skills to excel in sales would act like that unless they were mentally ill. I'm just so furious that I spent \$18 on this. I feel not just disappointed but scammed.

0 of 0 people found the following review helpful.

Life Changing

By YakamaJuggalo

Before I read this book, I thought I was a very good worker for the company I worked for. After reading this book, I took a look at myself and realized I may have been Book smart, but I carried a negative attitude, which I worked on changing to a Positive Attitude after reading this book. I cant thank you guys enough for helping me change for the better. I recommend this book to everyone I talk, and explain how it changed me for the better. So I hope this helps to whomever may read what I typed up. Thank you again for such a Life Changing Book. Sincerely Steven.

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