



How Full Is Your Bucket?

By Tom Rath, Donald O. Clifton



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How did you feel after your last interaction with another person?

Did that person -- your spouse, best friend, coworker, or even a stranger -- "fill your bucket" by making you feel more positive? Or did that person "dip from your bucket," leaving you more negative than before?

The #1 *New York Times* and #1 *BusinessWeek* bestseller, *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 book 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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Editorial Review

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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Review

"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."

— *Publishers Weekly*

"A well-researched, strong, and compelling case for improving self-esteem, better relationships, and health ... this book is a short, sharp, 'how-to' guide."

— *People Management* magazine

"Useful anecdotes that managers in particular should pay attention to."

— *The San Francisco Chronicle*

"Wow! This little book is a treasure. It is chock full of wisdom, inspiration, and practical advice, rooted in solid research. It will change the way you look at your life, your work, and the world."

— Martin Walsh, Executive Director, Society for Human Resource Management (SHRM) Foundation

"Powerful, captivating, and easy to read. This book's heartwarming message has a spiritual quality, yet it is grounded in decades of research."

— Lea E. Williams, Ed.D., Executive Director, National African-American Women's Leadership Institute, Inc.

From the Inside Flap

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Users Review

From reader reviews:

Luz Davis:

In this 21st hundred years, people become competitive in each and every way. By being competitive at this point, people have do something to make them survives, being in the middle of the actual crowded place and notice by simply surrounding. One thing that sometimes many people have underestimated that for a while is reading. That's why, by reading a book your ability to survive boost then having chance to remain than other is high. For yourself who want to start reading any book, we give you this specific *How Full Is Your Bucket?* book as nice and daily reading guide. Why, because this book is greater than just a book.

Damon Smith:

Reading a reserve can be one of a lot of task that everyone in the world enjoys. Do you like reading book thus. There are a lot of reasons why people fantastic. First reading a guide will give you a lot of new details. When you read a book you will get new information since book is one of a number of ways to share the information or maybe their idea. Second, studying a book will make a person more imaginative. When you examining a book especially hype book the author will bring you to definitely imagine the story how the characters do it anything. Third, you could share your knowledge to others. When you read this *How Full Is Your Bucket?*, you may tells your family, friends along with soon about yours guide. Your knowledge can inspire different ones, make them reading a e-book.

Michael Martin:

Are you kind of stressful person, only have 10 or maybe 15 minute in your day time to upgrading your mind expertise or thinking skill possibly analytical thinking? Then you are receiving problem with the book when compared with can satisfy your short time to read it because pretty much everything time you only find guide that need more time to be go through. *How Full Is Your Bucket?* can be your answer mainly because it can be read by anyone who have those short time problems.

Rose Heck:

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