



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

Todd Kashdan, Robert Biswas-Diener

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Two mavericks in the field of positive psychology deliver a timely message

Happiness experts have long told us to tune out our negative emotions and focus instead on mindfulness, positivity, and optimism. Researchers Todd Kashdan, Ph.D., and Robert Biswas-Diener, Dr. Philos., disagree. Positive emotions alone are not enough. Anger makes us creative, selfishness makes us brave, and guilt is a powerful motivator. The real key to success lies in emotional agility. Drawing upon extensive scientific research and a wide array of real-life examples, *The Upside of Your Dark Side* will be embraced by business leaders, parents, and everyone else who's ready to put their entire psychological tool kit to work.



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