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EMOTIONAL AGILITY Book

Summary Emotional Agility

Unstuck Embrace Change

In Emotional Agility, Susan David offers us a groundbreaking way to recognize our feelings and understand what they are really

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Change. She also gives us the tools we need to avoid emotional ruts that keep us from reaching our bigger goals. This book is a revelation for anyone looking to make lasting change in their life.

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On sale September 2016,
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Change David, Ph.D. a renowned psychologist and expert on emotions, happiness, and achievement, draws on her more than twenty years of research to show that emotionally agile people are not immune to stresses and setbacks.

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Work and Life by Susan David is a
book about how to use and view
emotions and their often

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Change associated tension not as an
oppressive force, but as
mechanism to lift you up, out and
beyond your current
circumstances.

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psychologist and expert on emotions, happiness, and achievement, draws on her more than twenty years of research to show that emotionally agile people are not immune to stresses and setbacks. The key difference is they know how to

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Change gain critical insight about situations and interactions from their feelings, and use this knowledge to ...

About Emotional Agility — Susan David, Ph.D.

At its core, her work is a powerful

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and persuasive call to embrace
change in our everyday lives,
along with the very practical
roadmap to make it happen.
Emotional Agility is basically the
fast-track to fulfillment." . —Claire
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bestselling coauthor of The

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David thoughtfully describes how it is only through healthy dialogue with our emotional body that we can truly get unstuck and embrace change. This doesn't mean we are hijacked by our

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Change emotions either, it means we practice having greater flexibility. I enjoyed David's book because it provides the stretching techniques to do that.

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Packed with anecdotes and references to empirical research, Emotional Agility is full of actionable advice on EI.

26 Best Emotional Intelligence
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Emotional agility is a

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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,

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