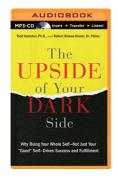
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THE UPSIDE OF YOUR DARK SIDE: WHY BEING YOUR WHOLE SELF--NOT JUST YOUR GOOD SELF--DRIVES SUCCESS AND FULFILLMENT



BRILLIANCE AUDIO, 2014. CD-Audio. Condition: New. Unabridged. Language: English . Brand New. In The Upside of Your Dark Side, two pioneering researchers in the field of psychology show that while mindfulness, kindness, and positivity can take us far, they cannot take us all the way. Sometimes, they can even hold us back. Emotions like anger, anxiety, or doubt might be uncomfortable, but it turns out that they are also incredibly useful. For instance: - Anger fuels creativity- Guilt sparks improvement-...

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- Authored by Todd Kashdan, Robert Biswas-Diener
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Reviews

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