

How Full Is Your Bucket? Expanded Educator's Edition: Positive Strategies for Work and Life

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Based on a simple metaphor, the book features powerful stories, actionable strategies and breakthrough discoveries from a 50-year study. Includes a toolkit with a new Gallup positivity test and a personality assessment made popular by Gallup's previous bestseller (over 1 million completes).

Organized around a simple metaphor of a dipper and a bucket - already familiar to thousands of people - *How Full Is Your Bucket?* shows how even the smallest interactions we have with others every day profoundly affect our relationships, productivity, health and longevity. Coauthor Donald O. Clifton studied the effects of positive and negative emotions for half a century, and he and his colleagues interviewed millions of people around the world. Their discoveries contributed to the emergence of an entirely new field: Positive Psychology. These same discoveries are at the heart of *How Full Is Your Bucket?*

Clifton, who also coauthored the bestseller *Now, Discover Your Strengths*, penned *How Full Is Your Bucket?* with grandson Tom Rath. Written in an engaging, conversational style, their book includes colorful stories and five strategies for increasing positive emotions, and it features an online test that measures readers' Positive Impact.

How Full Is Your Bucket? is a quick, breezy read. It will immediately help readers boost the amount of positive emotions in their lives and in the lives of everyone around them. The book is sure to inspire lasting changes in all who read it, and it has all the makings of a timeless classic.

Included in this edition is a bonus section - "Instructional Guide for Educators" - an additional 64 pages with ideas for classroom "bucket filling" activities for teachers to use with their students.

Tom Rath is one of the most influential authors of the last decade. He studies the role of human behavior in health, business and economics. Rath writes and speaks on a range of topics, from well-being to organizational leadership. He has written several international bestsellers, including the #1 New York Times bestseller *How Full Is Your Bucket?* In 2007, *The Economist* listed his book *StrengthsFinder 2.0* as the top-selling business book worldwide. In total, Rath's books have sold more than 5 million copies, been translated in 16 languages and made over 250 appearances on the Wall Street Journal bestseller list. Rath is a senior scientist and advisor to Gallup, where he previously spent 13 years leading the organization's work on employee engagement, strengths and well-being. He has also served as vice chairman of the VHL cancer research organization.

Donald O. Clifton, Ph.D. (1924-2003) was past chairman of Gallup and coauthor of the national bestseller *Now, Discover Your Strengths* and other books. He was named the Father of Strengths-Based Psychology by the American Psychological Association.

Other Books

The Improvement of Educational Quality Act of 1962.

U.S. House of Representatives. Hearings Before the Select Subcommittee on Education of the Committee on Education and Labor, House of Representatives, ... The colleges face the same kind of problem that the public schools do, of quantitative expansion, numbers."