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Change, and Thrive in Work and Life by Susan David is a book about how to use and view emotions and their often associated tension not as an oppressive force, but as mechanism to lift you up, out and beyond your current circumstances.

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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, happiness, and achievement for more than twenty years.

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determinant of our life success. It drives our actions, careers, relationships, happiness, health; everything.

## **About Emotional Agility – Susan David, Ph.D.**

Dr. David is the author of Emotional Agility: Get Unstuck, Embrace Change, and Thrive in Work and Life. This award-

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winning emotional intelligence book guides people into building this agility and understanding that emotional intelligence is key to a successful life. Her work is based on 20 years of research in emotions.

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In EMOTIONAL AGILITY: Get Unstuck, Embrace Change, and Thrive in Work and Life, Susan 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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Emotional Agility can be helpful to anyone. \* Daniel Goleman, author of Emotional Intelligence \* At a time when it's more difficult than ever to silence the unending noise that surrounds us, along comes Emotional Agility, a practical, science-backed guide to looking inward and living intentionally.

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Q: How can I make sure I don't let my anger (or any other emotions) get the best of me? A: Susan David begins her book Emotional Agility: Get Unstuck, Embrace Change, and Thrive in Work and Life ...

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Humanity16. For instance, I use games with my students (not gamification I know) but the retention percentage is quite high.

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