

## Positive Emotional Attractor

Creating Value Through People  
The Handbook of Mentoring at Work  
Beyond Goals  
Add More Ing to Your Life  
Wired for Authenticity  
Mindful Leadership: Emotional Intelligence Collection (4 Books)  
Money, and the Law of Attraction  
Management Education for Integrity  
How to Live a Good Life  
Helping People Change  
Becoming a Resonant Leader  
It's Not the How or the What but the Who  
Super Attractor  
Resonant Leadership  
The Key  
Engaging Students with Poverty in Mind  
Conversations for Creating Star Performers: Go Beyond the Performance Review to Inspire Excellence  
Every Day  
Self and Identity  
Becoming a Resonant Leader  
Positive Thinking Pocketbook  
A General Theory of Love  
Toward a Positive Psychology of Relationships: New Directions in Theory and Research  
The Impact of Shared Vision on Leadership, Engagement, and Organizational Citizenship  
Super Attractor  
Positive Psychology at Work  
Emotional Intelligence  
Rewire Your Brain  
The Talent Management Handbook, Third Edition: Making Culture a Competitive Advantage by Acquiring, Identifying, Developing, and Promoting the Best People  
Management: A Focus on Leaders  
Feelings Buried Alive Never Die  
An Exploratory Examination of Positive and Negative Emotional Attractors' Impact on Coaching  
Intentional Change  
Emotional Advantage  
Emotional Freedom  
The Fulfilling Workplace  
Good Reasons for Bad Feelings  
Emotions and Service in the Digital Age  
The Emotionally Intelligent Manager  
Attached  
Handbook of Affect and Social Cognition  
Emotional Agility

### Creating Value Through People

This book offers a comprehensive review and integration of the most recent research and theories on the role of affect in social cognition and features original contributions from leading researchers in the field. The applications of this work to areas such as clinical, organizational, forensic, health, marketing, and advertising psychology receive special emphasis throughout. The book is suitable as a core text in advanced courses on the role of affect in social cognition and behavior or as a reference for those interested in the subject.

### The Handbook of Mentoring at Work

Seriously . . . another book that tells you how to live a good life? Don't we have enough of those? You'd think so. Yet, more people than ever are walking through life disconnected, disengaged, dissatisfied, mired in regret, declining health, and a near maniacal state of gut-wrenching autopilot busyness. Whatever is out there isn't getting through. We don't know who to trust. We don't know what's real and what's fantasy. We don't know how and where to begin and we don't want to wade through another minute of advice that gives us hope, then saps our time and leaves us empty. How to Live a Good Life is your antidote; a practical and provocative modern-day manual for the pursuit of a life well lived. No need for blind faith or surrender of intelligence; everything you'll discover is immediately actionable and subject to validation through your own experience. Drawn from the intersection of science, spirituality, and the author's years-long quest to learn at the feet of masters from nearly every tradition and walk of life, this book offers a simple yet powerful model, the "Good Life Buckets " --spend 30 days filling your buckets and reclaiming your life. Each day will bring a new, practical yet powerful

idea, along with a specific exploration designed to rekindle deep, loving, and compassionate relationships; cultivate vitality, radiance, and graceful ease; and leave you feeling lit up by the way you contribute to the world, like you're doing the work you were put on the planet to do. *How to Live a Good Life* is not just a book to be read; it's a path to possibility, to be walked, then lived.

### **Beyond Goals**

*Resonant Leadership* shows how leaders can recognise the cycles of stress, sacrifice, and renewal inherent in their jobs—and actively utilise the qualities of mindfulness, hope, and compassion to renew their passion and effectiveness. Practical follow-on to the international bestseller *Primal Leadership*: Goes beyond research and stories to offer proven strategies for how to “do” resonant leadership. Successful Author Team: Boyatzis and McKee are co-authors of *PL*, and Daniel Goleman has written a glowing Foreword to the book which will lend considerable credibility and visibly link the book to its predecessor *Addresses a Universal Leadership Challenge*: The increasingly short tenure of many of today’s executives, the pressure to make the quarterly numbers, a shaky economy and other stresses in today’s global workplace underscore the urgency of this book’s message and its relevance for executives and managers in all kinds of companies

### **Add More Ing to Your Life**

*Research on Emotion in Organizations* comprises chapters describing multidisciplinary research into affect, emotion, and mood in organizations at all levels of analysis, including within-person variation, individual differences, interpersonal exchanges, groups, and organizations.

### **Wired for Authenticity**

Discover the thirty-day -ing Equation to sharpen your intuitive senses and activate untapped inspirations! Lots of people are selling "happiness" these days, but in her hip self-transformation book, *Add More -ing to Your Life*, motivational speaker and life coach Gabrielle Bernstein truly shows you how to make happiness a way of life by accessing your -ing—your Inner Guide. In her thirty-day -ing Equation, Gabrielle will show you how to bulldoze negative thought patterns and create personal change through positive affirmations, physical activity, and visualization meditations. Get prepared to change your life by accessing a state of "flow" to help you connect with your -ing. You'll release your negativity and choose happiness!

### **Mindful Leadership: Emotional Intelligence Collection (4 Books)**

How to rewire your brain to improve virtually every aspect of your life-based on the latest research in neuroscience and psychology on neuroplasticity and evidence-based practices Not long ago, it was thought that the brain you were born with was the brain you would die with, and that the brain cells you had at birth were the most you would ever possess. Your brain was thought to be “hardwired” to function in predetermined ways. It turns out that's not true. Your brain is not hardwired, it's "softwired" by experience. This book shows you how you can rewire

parts of the brain to feel more positive about your life, remain calm during stressful times, and improve your social relationships. Written by a leader in the field of Brain-Based Therapy, it teaches you how to activate the parts of your brain that have been underactivated and calm down those areas that have been hyperactivated so that you feel positive about your life and remain calm during stressful times. You will also learn to improve your memory, boost your mood, have better relationships, and get a good night sleep. Reveals how cutting-edge developments in neuroscience, and evidence-based practices can be used to improve your everyday life Other titles by Dr. Arden include: Brain-Based Therapy-Adult, Brain-Based Therapy-Child, Improving Your Memory For Dummies and Heal Your Anxiety Workbook Dr. Arden is a leader in integrating the new developments in neuroscience with psychotherapy and Director of Training in Mental Health for Kaiser Permanente for the Northern California Region Explaining exciting new developments in neuroscience and their applications to daily living, Rewire Your Brain will guide you through the process of changing your brain so you can change your life and be free of self-imposed limitations.

### **Money, and the Law of Attraction**

You're trying to help--but is it working? Helping others is a good thing. Often, as a leader, manager, doctor, teacher, or coach, it's central to your job. But even the most well-intentioned efforts to help others can be undermined by a simple truth: We almost always focus on trying to "fix" people, correcting problems or filling the gaps between where they are and where we think they should be. Unfortunately, this doesn't work well, if at all, to inspire sustained learning or positive change. There's a better way. In this powerful, practical book, emotional intelligence expert Richard Boyatzis and Weatherhead School of Management colleagues Melvin Smith and Ellen Van Oosten present a clear and hopeful message. The way to help someone learn and change, they say, cannot be focused primarily on fixing problems, but instead must connect to that person's positive vision of themselves or an inspiring dream or goal they've long held. This is what great coaches do--they know that people draw energy from their visions and dreams, and that same energy sustains their efforts to change, even through difficult times. In contrast, problem-centered approaches trigger physiological responses that make a person defensive and less open to new ideas. The authors use rich and moving real-life stories, as well as decades of original research, to show how this distinctively positive mode of coaching—what they call "coaching with compassion"—opens people up to thinking creatively and helps them to learn and grow in meaningful and sustainable ways. Filled with probing questions and exercises that encourage self-reflection, Helping People Change will forever alter the way all of us think about and practice what we do when we try to help.

### **Management Education for Integrity**

Emotional intelligence is an emerging construct for applied research and possible interventions, both in scholastic, academic and educational contexts, organizational contexts, as well as at an individual level in terms of people's well-being and life satisfaction. From the presented contributions, it emerges how this volume is characterized by an interest to give an international overview rich of stimuli and perspectives for research and intervention, in relation to a promising

variable of current interest, such as emotional intelligence. The goal is that this book further contributes to the affirmation of a particularly promising variable, such as emotional intelligence, which requires a greater interest and attention in both research and application field.

### **How to Live a Good Life**

Discover how to lead with authenticity and agility in a fast-changing world! “Wired for Authenticity is the definitive guide to your journey of self-awareness. Along the way, you will meet the colorful cast of characters that inhabit and inhibit you, and you will develop the skills you need to recognize, confront, and influence outcomes. Henna Inam’s vulnerable and irreverent style will enable you to unleash your inner authentic self.” —Alex Wellen, chief product officer, CNN “In Wired for Authenticity, Henna Inam reintroduces us to our original nature and offers practices to bring that authentic person to life! When our true selves show up to work, we can better connect with our teams, colleagues, family, and friends. Even more powerful, we give those around us permission to do the same. It is contagious!” —Kathleen Ciaramello, president, National Food Service and On-Premise, Coca-Cola Refreshments Leadership today is more challenging than ever. Trends including the rapid pace of change, constant restructuring, and a 24/7, always-on work environment are creating overwhelmed employees and eroding trust in workplaces. Organizations need leaders who drive engagement, innovation, and outstanding client experiences. How can you be this type of leader? Henna Inam shares proven strategies based on neuroscience research and her work as an executive coach and speaker, with clients who are executives in Fortune 500 companies. The practical tools she shares in this book have worked for her clients and can help you • practice a new model of authenticity to be more trusted and agile and less overwhelmed; • experience greater success and fulfillment in your leadership, workplace, and life; • engage and influence clients, peers, and bosses more powerfully; and • lead team members with more inspiration and ease.

### **Helping People Change**

In this galvanizing follow-up to the best-selling Teaching with Poverty in Mind, renowned educator and learning expert Eric Jensen digs deeper into engagement as the key factor in the academic success of economically disadvantaged students. Drawing from research, experience, and real school success stories, Engaging Students with Poverty in Mind reveals \* Smart, purposeful engagement strategies that all teachers can use to expand students' cognitive capacity, increase motivation and effort, and build deep, enduring understanding of content. \* The (until-now) unwritten rules for engagement that are essential for increasing student achievement. \* How automating engagement in the classroom can help teachers use instructional time more effectively and empower students to take ownership of their learning. \* Steps you can take to create an exciting yet realistic implementation plan. Too many of our most vulnerable students are tuning out and dropping out because of our failure to engage them. It's time to set the bar higher. Until we make school the best part of every student's day, we will struggle with attendance, achievement, and graduation rates. This timely resource will help you take immediate action to revitalize and enrich your practice so that all your

students may thrive in school and beyond.

### **Becoming a Resonant Leader**

Karol Truman provides a comprehensive and enlightening resource for getting in touch with unresolved feelings which, she explains, can distort not only happiness but also health and well-being. Leaving no emotion unnamed, and in fact listing around 750 labels for feelings, Truman helps identify problem areas, and offers a "script" to help process the feelings, replacing the negative feeling with a new, positive outlook. A chapter on the possible emotions below the surface in various physical ailments gives the reader plenty to work with on a deep healing level. FEELINGS BURIED ALIVE NEVER DIE combines a supportive, common-sense, results-oriented approach to a problem that is widespread and that can stop people from living fully.

### **It's Not the How or the What but the Who**

Few research studies have tested hypotheses from an integrated, multilevel theoretical model on coaching intentional change. Drawing on Intentional Change Theory (ICT) and supporting cognitive emotion and social complexity perspectives on positive and negative affect, this dissertation presents the first empirical investigation on the differential impact of inducing positive emotion vs. negative emotion in real time executive coaching sessions. Nineteen coaching recipients were randomly assigned to two coaching conditions. In the PEA condition the coachees own hopes, strengths, desired future (the Positive Emotional Attractor) was the anchoring framework of a onetime, hour-long coaching session. In the NEA condition the coachees own perceived improvement needs, weaknesses, present reality (the Negative Emotional Attractor) was the anchoring framework. Two central ICT propositions were tested. Hypothesis1 predicted that PEA participants would show higher levels of positive emotion during appraisal of 360-degree feedback results and discussion of change goals than NEA participants. Hypothesis2 predicted that PEA participants would show lower levels of stress immediately after the coaching session than NEA participants. Regression analyses found that the PEA group showed significantly lower levels of negative emotions ( $p = .05$ ) and anger ( $p = .02$ ) and focused more on personal interests and passions ( $p = .01$ ) as compared to the NEA group. These findings lend preliminary support to the proposition that framing a coaching session around a coachees PEA elicits positive emotions that broaden a persons momentary thought-action repertoire, whereas framing a session in the NEA elicits negative emotions that narrow this array. Further, demonstrated time series changes in expressed sadness or depression (.01) and future (.04) offer preliminary support to the ICT proposition that recurrent PEA-NEA arousal, and associated interplay of positive and negative emotion, characterize intentional change. The prediction on post-coaching level of stress was not supported.

### **Super Attractor**

Offers guidance in using the principles of the "law of attraction" to attain physical and financial well-being.

### **Resonant Leadership**

Practical guidance on how to empower people to do their best. Filled with stories by and fascinating interviews with human capital innovators, *Making a Difference Through People* provides practical guidance on how to empower people to deliver their best performance by employing their guiding principles. Offering relevant strategies and tactics, each interview is preceded by an introduction that provides a biographical recap and a brief discussion of each innovator. Mercer is the global leader for trusted HR and related financial advice, products and services. They work with clients at enhancing the financial and retirement security, health, productivity and employment relationships of the global workforce. M. Michele Burns is Chairman and Chief Executive Officer of Mercer Prior to being named Chairman and CEO of Mercer, Ms. Burns held the position of Chief Financial Officer for MMC.

### **The Key**

This volume reflects the renewal of interest in 'Self' and 'Identity' among social scientists. It adopts an interdisciplinary approach to explore different perspectives across the lifespan, from the neonate to the elderly adult.

### **Engaging Students with Poverty in Mind**

Succeed by mastering the art of the who Why surround yourself with the best? Because it matters—in all aspects of life. In fact, in professional environments, getting people right—what global leadership authority Claudio Fernández-Aráoz calls “the art of great ‘who’ decisions”—marks the difference between success and failure. To thrive, you need to identify those with the highest potential, get them in your corner and on your team, and help them grow. Yet surprisingly very few of us are able to meet that challenge. This series of short and engaging essays outlines the obstacles to great “who” decisions and offers solutions to address them in a systematic way. Drawing from several decades of experience in global executive search and talent development, as well as the latest management and psychology research, Fernández-Aráoz offers wisdom and practical advice to improve the choices we make about employees and mentors, business partners and friends, top corporate leaders and even elected officials. The personal stories and cutting-edge studies described in the book will help you understand both your own failings and the external forces commonly at play in staffing decisions. The author shares concrete recommendations on how to select the best people, bring out their strengths, foster collective greatness in the groups you’ve assembled, and create not only better organizations but also a better society. Starting with the cases of Amazon pioneer Jeff Bezos and Brazilian tycoon Roger Agnelli and continuing with individual and corporate examples from around the world, Fernández-Aráoz paints a vivid picture of what great “who” decisions look like and presents a fresh and commanding argument about why they matter more than ever today.

### **Conversations for Creating Star Performers: Go Beyond the Performance Review to Inspire Excellence Every Day**

It is very easy for organizations to ignore or overlook the impact of social and commercial change-of increased pressure to deliver profit (above all else) and of transformation in the ways in which we are now working-on the mental health and, consequently, the performance of their employees. And yet there is plenty of evidence that in many workplaces, performance is down, stress is up and professional employees are struggling to balance their home and work lives. This collection, while looking at individuals, places the spotlight on organizational initiatives to support the development of attitudes, values, character and behaviors in employees. The aim of these initiatives is to increase our resilience to those experiences and events which impact on performance. There is a particular focus on managerial and professional jobs where employee discretion and commitment are critical. The Fulfilling Workplace extends the themes developed in early titles in the Psychological and Behavioral Aspects of Risk Series deeper into organizations; to explore the organization's role in coming to grips both with human frailties and toxic workplaces-both destructive to individual and organizational health.

### **Self and Identity**

This digital collection, curated by Harvard Business Review, offers four books on the topic of emotional intelligence, found by bestselling author Daniel Goleman to be twice as important as other competencies in determining outstanding leadership. In *Primal Leadership*, With a New Preface by the Authors, the authors show that great leaders excel not just through skill and smarts, but by connecting with others using emotional intelligence competencies like empathy and self-awareness. The best leaders are “resonant” leaders—individuals who manage their own and others’ emotions in ways that drive success. In *Resonant Leadership*, Richard Boyatzis and Annie McKee provide an indispensable guide to overcoming the vicious cycle of stress, sacrifice, and dissonance that afflicts many leaders and offer a field-tested framework for creating the resonance that fuels great leadership. And in *Becoming a Resonant Leader*, Annie McKee, Richard Boyatzis, and Frances Johnston share vivid, real-life stories illuminating how people can develop emotional intelligence, build resonance, and renew themselves. Finally, HBR’s 10 Must Read on Emotional Intelligence presents 10 articles by experts in the field of emotional intelligence, all of which will inspire you to monitor and channel your moods and emotions; make smart, empathetic people decisions; manage conflict and regulate emotions within your team; react to tough situations with resilience; better understand your strengths, weaknesses, needs, values, and goals; and develop emotional agility.

### **Becoming a Resonant Leader**

Explains how curricula should be streamlined and rejuvenated to ensure a high level of integrity in management education, providing numerous examples of new tools, teaching methods, integrity sensitization and development exercises and ethical management education assessment approaches.

### **Positive Thinking Pocketbook**

"The counterintuitive approach to achieving your true potential, heralded by the

Harvard Business Review as a groundbreaking idea of the year"--

### **A General Theory of Love**

Introduces the theory of adult attachment as an advanced relationship science that can enable individuals to find and sustain love, offering insight into the roles of genetics and early family life in how people approach relationships.

### **Toward a Positive Psychology of Relationships: New Directions in Theory and Research**

a comprehensive overview of the current state of research, theory and practice drawn from the leading scholars and practitioners who have advanced our understanding of mentoring in the workplace The Handbook of Mentoring at Work; Research, Theory, and Practice, provides a definitive guide that not only informs the field, but also extends it in three critical ways: Chronicles the current state of knowledge of mentoring and identifies important new areas of research: The Handbook begins with offering an extensive, cutting-edge and in-depth review of core topics in mentoring research, such as diversity in mentoring relationships, learning processes in mentoring relationships, formal mentoring, peer mentoring, socialization and mentoring, leadership and mentoring, dysfunctional mentoring, personality and mentoring, and electronic mentoring. Extends the theoretical horizon of mentoring: The theoretical section of the Handbook builds and extends mentoring theory by drawing on a diverse and rich literature of related theories, such as network theory, adult development theory, relational theory, communication theory, personal change theory, work-family theory and theories of emotional intelligence. Builds a bridge between the practice and study of mentoring: The Handbook includes chapters that address not only formal mentoring programs, but also mentoring practices that relate to leadership development programs, diversity programs and international perspectives. The Handbook is a "must-have" reference for understanding the key debates and issues facing mentoring scholars and practitioners, and provides a theory-driven road map to guide future research and practice in the field of mentoring.

### **The Impact of Shared Vision on Leadership, Engagement, and Organizational Citizenship**

The paperback edition of Joe Vitale's inspiring guide to attracting wealth, health, happiness, and more Now available in paperback, inspirational author Joe Vitale's The Key finally reveals the secret to attracting anything you want from life-money, happiness, professional success, love, or anything else. This book goes beyond Vitale's bestselling book The Attractor Factor and the mega-hit movie The Secret to reveal a powerful and effective way to get more out of every aspect of your life. If you know you can achieve more, but can't seem to make it happen, The Key reveals the psychological and unconscious limitations that are holding you back. You'll learn ten proven ways to stop sabotaging yourself and align your conscious and subconscious minds. This book gives you all the personal insight you need to unlock secret doors within yourself and open new opportunities and possibilities in your life. From Joe Vitale, bestselling author of The Attractor Factor, Zero Limits,

and Life's Missing Instruction Manual Gives you the guidance and advice you need to unlock your full potential in life Offers practical help for dealing with problems with your job, finances, and any other aspect of your life If you want to be the best you can be, no matter what you do, this book is The Key to unlocking a better, more successful you.

### **Super Attractor**

What distinguishes great leaders? Exceptional leaders capture passion. They lead for real: from the heart, smart and focused on the future, and with a commitment to being their very best. As Annie McKee and Richard Boyatzis have shown in their bestselling books *Primal Leadership* and *Resonant Leadership*, they create resonance with others. Through resonance, leaders become attuned to the needs and dreams of people they lead. They create conditions where people can excel. They sustain their effectiveness through renewal. McKee, Boyatzis, and Frances Johnston share vivid, real-life stories illuminating how people can develop emotional intelligence, build resonance, and renew themselves. Reflecting twenty years of longitudinal research and practical wisdom with executives and leaders around the world, this new book is organized around a core of experience-tested exercises. These tools help you articulate your strengths and values, craft a plan for intentional change, and create resonance with others. Practical and inspiring, *Becoming a Resonant Leader* is your hands-on guide to developing emotional intelligence, renewing and sustaining yourself and your relationships, and taking your leadership to a whole new level. This book is ideal for anyone seeking personal and professional development and for consultants, coaches, teachers, and faculty to use with their clients or students.

### **Positive Psychology at Work**

A New York Times bestseller, *Emotional Freedom* is a road map for those who are stressed out, discouraged, or overwhelmed as well as for those who are in a good emotional place but want to feel even better. Picture yourself trapped in a traffic jam feeling utterly calm. Imagine being unflappable and relaxed when your supervisor loses her temper. What if you were peaceful instead of anxious? What if your life were filled with nurturing relationships and a warm sense of belonging? This is what it feels like when you've achieved emotional freedom. Bestselling author Dr. Judith Orloff invites you to take a remarkable journey, one that leads to happiness and serenity, and a place where you can gain mastery over the negativity that pervades daily life. No matter how stressed you currently feel, the time for positive change is now. You possess the ability to liberate yourself from depression, anger, and fear. Synthesizing neuroscience, intuitive medicine, psychology, and subtle energy techniques, Dr. Orloff maps the elegant relationships between our minds, bodies, spirits, and environments. With humor and compassion, she shows you how to identify the most powerful negative emotions and how to transform them into hope, kindness, and courage. Compelling patient case studies and stories from her online community, her workshop participants, and her own private life illustrate the simple, easy-to-follow action steps that you can take to cope with emotional vampires, disappointments, and rejection. As Dr. Orloff shows, each day presents opportunities for us to be heroes in our own lives: to turn away from negativity, react constructively, and seize

command of any situation. Complete emotional freedom is within your grasp.

### **Emotional Intelligence**

Inspire Star Performance through Meaningful Conversations with Your Team “If you want more top performers on your team, read this book!” —Jill Konrath, author of SNAP Selling and Selling to Big Companies The performance review is an important part of your job as a manager or coach. But it is only a part. In order to develop team members effectively, you have to be proactive on a daily basis. This means having conversations—and not just about the weather or the game last night. Create ongoing conversations throughout the year that focus on: Developing team members to a higher level of ability Triggering the insight and inspiration within your team members to grow in new ways Building the skills that will enable others to accomplish their established goals Preparing yourself and others for the performance review discussion Keeping people motivated and moving forward toward the goals Conversations for Creating Star Performers is a vital tool for keeping team members motivated, engaged, and moving ahead every day—not just the days before an annual review.

### **Rewire Your Brain**

The definitive guide to finding, developing, and keeping the best talent—expanded with brand new and updated material The Talent Management Handbook is the established go-to guide for HR professionals, managers, and leaders looking for the best ways to use talent management programs to develop a culture of excellence. This third edition features new and updated chapters based on fresh approaches and material for identifying, recruiting, positioning, and developing highly qualified, motivated people to meet current and future business requirements. Filled with expert advice, the book offers a roadmap for developing a comprehensive approach to talent management that will guide professionals in the coming years.

### **The Talent Management Handbook, Third Edition: Making Culture a Competitive Advantage by Acquiring, Identifying, Developing, and Promoting the Best People**

Are you ready to take your spiritual practice to the next level and manifest love and joy like you've never experienced before? When we connect to the non-physical presence beyond our visible sight, true miracles happen. Super Attractor is a manifesto for making that connection and marrying your spiritual life with your day-to-day experience. In these pages, you'll learn to: - shift from occasional practising to living a spiritual life every day - create a life filled with purpose, happiness and freedom - release the past and live without fear of the future - tap into the infinite source of abundance, joy and wellbeing that is your birthright - bring more light to your own life and the world around you Super Attractor teaches us how to co-create the life we want, that attracting is fun and that we don't have to work as hard to get what we want. Most importantly, it shows us that when we connect to our intuitive powers, we become a force of love in the world.

### **Management: A Focus on Leaders**

What distinguishes great leaders? Exceptional leaders capture passion. They lead for real: from the heart, smart and focused on the future, and with a commitment to being their very best. As Annie McKee and Richard Boyatzis have shown in their bestselling books *Primal Leadership* and *Resonant Leadership*, they create resonance with others. Through resonance, leaders become attuned to the needs and dreams of people they lead. They create conditions where people can excel. They sustain their effectiveness through renewal. McKee, Boyatzis, and Frances Johnston share vivid, real-life stories illuminating how people can develop emotional intelligence, build resonance, and renew themselves. Reflecting twenty years of longitudinal research and practical wisdom with executives and leaders around the world, this new book is organized around a core of experience-tested exercises. These tools help you articulate your strengths and values, craft a plan for intentional change, and create resonance with others. Practical and inspiring, *Becoming a Resonant Leader* is your hands-on guide to developing emotional intelligence, renewing and sustaining yourself and your relationships, and taking your leadership to a whole new level. This book is ideal for anyone seeking personal and professional development and for consultants, coaches, teachers, and faculty to use with their clients or students.

### **Feelings Buried Alive Never Die**

A founder of the field of evolutionary medicine uses his decades of experience as a psychiatrist to provide a much-needed new framework for making sense of mental illness. Why do I feel bad? There is real power in understanding our bad feelings. With his classic *Why We Get Sick*, Dr. Randolph Nesse helped to establish the field of evolutionary medicine. Now he returns with a book that transforms our understanding of mental disorders by exploring a fundamentally new question. Instead of asking why certain people suffer from mental illness, Nesse asks why natural selection has left us all with fragile minds. Drawing on revealing stories from his own clinical practice and insights from evolutionary biology, Nesse shows how negative emotions are useful in certain situations, yet can become overwhelming. Anxiety protects us from harm in the face of danger, but false alarms are inevitable. Low moods prevent us from wasting effort in pursuit of unreachable goals, but they often escalate into pathological depression. Other mental disorders, such as addiction and anorexia, result from the mismatch between modern environment and our ancient human past. And there are good evolutionary reasons for sexual disorders and for why genes for schizophrenia persist. Taken together, these and many more insights help to explain the pervasiveness of human suffering, and show us new paths for relieving it by understanding individuals as individuals.

### **An Exploratory Examination of Positive and Negative Emotional Attractors' Impact on Coaching Intentional Change**

Providing an invaluable resource for scholars and researchers, this book investigates positive psychology and relationships theory and research across a range of settings and life stages—intimate, work, educational, senior/retirement, and in the context of diversity. • Explores recent relationships research in the most important life domains and life stages—in romance and at work, during youth and

in old age, and in contexts of diversity • Brings together contributions from renowned leaders and prolific thinkers in positive relationships • Presents science-based information that will be useful to scholars and students as well as general readers

### **Emotional Advantage**

A new view of the four functions of Management: through the lens of leadership The pace and scope of change in the world and organisations during the past 10 years is unprecedented. In this environment, staying ahead of the curve and preparing for success in work, management and leadership is challenging. Amidst the financial crises, catastrophic disasters, and business scandals frequently making headlines, Annie McKee and the Australian authors of this new text Management: a Focus on Leaders, believe there is a unique opportunity to re-focus the way students are prepared for their future in business. Show future managers how to lead in a complex, yet exciting, global environment With an engaging writing style and an outcome-driven approach, Annie McKee and Australian authors Travis Kemp and Gordon Spence directly address the many behavioural, social, cognitive and emotional challenges beyond the four functions of management. Management features exciting Australasian and global case studies and easy, student-friendly teaching tools. Unique Decision Making mini-simulations using adaptive technology allow students to make management decisions and see the impact of their decisions.

### **Emotional Freedom**

“Emotional Advantage is such an uplifting answer to our challenging times. In its pages, you will find encouragement, support, and new perspectives. Randy Taran offers an antidote to emotional overwhelm—a powerful way to discover how useful your emotions can be in guiding you towards your best life.”—Marci Shimoff, #1 New York Times bestselling author of Happy For No Reason and Chicken Soup for the Woman’s Soul Award-winning author, producer, and founder of Project Happiness, Randy Taran knows that every emotion, feeling, and mental state has the power to bring us back to our true essence, and that readers can use Emotional Advantage as a guide to get there. In recent years, there has been an overwhelming interest in the science of happiness and positive psychology, and many books on the subject. There is a good reason for this: it is a core, universal human drive. And while happiness has opened the door for many to move forward, there is a burgeoning curiosity about the full range of human emotions, all of which factor into the human experience. What do we do when life does not go as planned? Neuroscience reveals that to understand and utilize any emotion, we need to “name it to tame it.” It turns out that even negative emotions have something to offer, if we know how to learn from them. Have you ever woken up in a fog of feelings and felt directionless? Or maybe it was hard to pinpoint exactly what you were feeling, but it wasn’t where you wanted to be? What if we could actually use our feelings as a pathway to guide us back to our inner compass? What if, like alchemists, we had the tools to transform our emotions to take charge of creating our very best life? What if we could comprehend how even the most troublesome emotions are sending messages to alert, protect, and fuel us forward? Emotional Advantage is that guide. It will show us how a new perspective on fear

can move us to courage, how guilt can clarify our values, and how anger can help us create healthy boundaries.

### **The Fulfilling Workplace**

This original and lucid account of the complexities of love and its essential role in human well-being draws on the latest scientific research. Three eminent psychiatrists tackle the difficult task of reconciling what artists and thinkers have known for thousands of years about the human heart with what has only recently been learned about the primitive functions of the human brain. A General Theory of Love demonstrates that our nervous systems are not self-contained: from earliest childhood, our brains actually link with those of the people close to us, in a silent rhythm that alters the very structure of our brains, establishes life-long emotional patterns, and makes us, in large part, who we are. Explaining how relationships function, how parents shape their child's developing self, how psychotherapy really works, and how our society dangerously flouts essential emotional laws, this is a work of rare passion and eloquence that will forever change the way you think about human intimacy. From the Trade Paperback edition.

### **Good Reasons for Bad Feelings**

According to management and psychology courses, as well as legions of consultants in organizational psychology, shared vision in dyads, teams and organizations can fill us with hope and inspire new possibilities, or delude us into following false prophets. However, few research studies have empirically examined the impact of shared vision on key organizational outcomes such as leadership effectiveness, employee engagement, organizational citizenship, coaching and organizational change. As a result, the field of organizational psychology has not yet established a causal pattern of whether, if, and how shared vision helps dyads, teams and organizations function more effectively. The lack of empirical work around shared vision is surprising given its long-standing history in the literature. Bennis and Nanus (1982) showed that distinctive leaders managed attention through vision. The practitioner literature has long proclaimed that vision is a key to change, while Conger and Kanungo (1998) discussed its link to charismatic leadership. Around the same time, positive psychology appeared in the forms of Appreciative Inquiry (Cooperrider, Sorensen, Whitney, & Yaeger, 2000) and Positive Organizational Scholarship (Cameron, Dutton, & Quinn, 2003). In this context, a shared vision or dream became a legitimate antecedent to sustainable change. But again, empirical measurement has been elusive. More recently, shared vision has been the focus of a number of dissertations and quantitative studies building on Intentional Change Theory (ICT) (Boyatzis, 2008) at dyad, team and organization levels of social systems. These studies are beginning to lay the foundations for a systematic body of empirical knowledge about the role of shared vision in an organizational context. For example, we now know that shared vision can activate neural networks that arouse endocrine systems and allow a person to consider the possibilities of a better future (Jack, Boyatzis, Leckie, Passarelli & Khawaja, 2013). Additionally, Boyatzis & Akrivou (2006) have discussed the role of a shared vision as the result of a well-developed set of factors that produce a desired image of the future. Outside of the organizational context, positive visioning has been known to

help guide future behavior in sports psychology (Loehr & Schwartz, 2003), medical treatment (Roffe, Schmidt, & Ernst, 2005), musical performance (Meister, Krings, Foltys, Boroojerdi, Muller, Topper, & Thron, 2004), and academic performance (Curry, Snyder, Cook, Ruby, & Rehm, 1997). This Research Topic for Frontiers in Psychology is a collection of 14 original papers examining the role of vision and shared vision on a wide variety of desired dependent variables from leadership effectiveness and executive performance to organizational engagement, citizenship and corporate social responsibility, and how to develop it through coaching.

### **Emotions and Service in the Digital Age**

Think your way to a more positive life Positive thinking is an approach and a set of skills that we can all learn. But it's not just about how and what you think; you've got to do something! In a range of situations, positive thinking needs to be followed by positive action. The good news is that whatever life has thrown at you in the past and whatever is you want to achieve in the future, the Positive Thinking Pocketbook will help you think and behave more positively. Inside, you'll find out how to use tips, techniques and advice on creating a positive mindset and developing your positive thinking. Next, you'll find out how to apply that positive thinking to a range of potentially difficult situations. • Little approachable exercises make it easy to get started • Full of scenarios, ideas, advice, tips and techniques • Learn how to overcome negative thinking, get motivated and stay motivated • Discover how to make positive thinking a habit Whenever you want a shot of positivity, simply pick out a few ideas, tips and techniques that appeal to you and give them a try!

### **The Emotionally Intelligent Manager**

What is there in developmental relationships beyond setting and striving to achieve goals? The presence of goals in coaching and mentoring programs has gone largely unquestioned, yet evidence is growing that the standard prescription of SMART, challenging goals is not always appropriate - and even potentially dangerous - in the context of a complex and rapidly changing world. Beyond Goals advances standard goal-setting theory by bringing together cutting-edge perspectives from leaders in coaching and mentoring. From psychology to neuroscience, from chaos theory to social network theory, the contributors offer diverse and compelling insights into both the advantages and limitations of goal pursuit. The result is a more nuanced understanding of goals, with the possibility for practitioners to bring greater impact and sophistication to their client engagements. The implications of this reassessment are substantial for all those practicing as coaches and mentors, or managing coaching or mentoring initiatives in organizations.

### **Attached**

### **Handbook of Affect and Social Cognition**

Positive Psychology at Work brings the fields of positive psychology and appreciative inquiry together for the first time to provide leaders and change agents with a powerful new approach to achieving organizational excellence. Draws together positive psychology and appreciative inquiry in the context of leadership organizational challenges for the first time Presents academically rigorous and referenced material in a jargon-free, accessible manner Arranged with chapters focused on specific organizational challenges to allow readers to quickly find ideas relevant to their unique situation Features short contributions from experienced practitioners of positive psychology and Appreciative Inquiry, and includes case studies from the UK, Europe, Australia and the USA

### **Emotional Agility**

We have long been taught that emotions should be felt and expressed in carefully controlled ways, and then only in certain environments and at certain times. This is especially true when at work, particularly when managing others. It is considered terribly unprofessional to express emotion while on the job, and many of us believe that our biggest mistakes and regrets are due to our reactions at those times when our emotions get the better of us. David R. Caruso and Peter Salovey believe that this view of emotion is not correct. The emotion centers of the brain, they argue, are not relegated to a secondary place in our thinking and reasoning, but instead are an integral part of what it means to think, reason, and to be intelligent. In *The Emotionally Intelligent Manager*, they show that emotion is not just important, but absolutely necessary for us to make good decisions, take action to solve problems, cope with change, and succeed. The authors detail a practical four-part hierarchy of emotional skills: identifying emotions, using emotions to facilitate thinking, understanding emotions, and managing emotions—and show how we can measure, learn, and develop each skill and employ them in an integrated way to solve our most difficult work-related problems.

## Where To Download Positive Emotional Attractor

[ROMANCE](#) [ACTION & ADVENTURE](#) [MYSTERY & THRILLER](#) [BIOGRAPHIES & HISTORY](#) [CHILDREN'S](#) [YOUNG ADULT](#) [FANTASY](#) [HISTORICAL FICTION](#) [HORROR](#) [LITERARY FICTION](#) [NON-FICTION](#) [SCIENCE FICTION](#)