



## The Power of Negative Emotion: How Anger, Guilt, and Self Doubt are Essential to Success and Fulfillment

By Todd B. Kashdan, Robert Biswas-Diener

Oneworld Publications. Paperback. Condition: new. BRAND NEW, The Power of Negative Emotion: How Anger, Guilt, and Self Doubt are Essential to Success and Fulfillment, Todd B. Kashdan, Robert Biswas-Diener, Feelings like anger, boredom, guilt, and anxiety might be uncomfortable, but they are also incredibly useful. In this ground-breaking book, acclaimed psychologists Dr Todd Kashdan and Dr Robert Biswas-Diener explain why positivity and mindfulness can only take us so far. To live life to the full, we need to cultivate 'emotional agility' - the ability to access our full range of emotions (not just the 'good' ones). Find out why: \* Anger fuels creativity \* Guilt sparks improvement \* Self-doubt enhances performance \* Selfishness increases courage Drawing on years of scientific research and a wide array of real-life examples from sports, parenting, relationships, business and more, The Power of Negative Emotion is a bold handbook for a more fulfilling and successful life.



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