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## Emotional Agility Get Unstuck Embrace Change And Thrive In Work And Life

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**Home Emotional Mastery: The Gifted Wisdom of Unpleasant**

**Feelings | Dr Joan Rosenberg | TEDxSantaBarbara Susan David**

~~2min Ted talk~~ *How to fix a broken heart | Guy Winch Daniel*

*Goleman Introduces Emotional Intelligence | Big Think How*

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*Conversation with Susan David*

The Unmistakable Creative Podcast : Developing Emotional Agility

with Susan David *The Key Takeaways from Susan David's*

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Are Emotions Controlling Your Life? - w/ Dr. Susan David

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~~u0026 Jim Kwik~~ **Emotional Agility Get Unstuck Embrace**

Emotional Agility describes a new way of living and relating to yourself and the world around you. Become aware of your true nature, learn to face your emotions with acceptance and generosity, act according to your deepest values, and flourish. 'An accessible, reader-friendly voyage. Emotional Agility can be helpful to anyone.'

## **Emotional Agility: Get Unstuck, Embrace Change and Thrive**

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David thoughtfully describes how it is only through healthy dialogue with our emotional body that we can truly get unstuck and embrace change. This doesn't mean we are hijacked by our emotions either, it means we practice having greater flexibility.

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## **Emotional Agility: Get Unstuck, Embrace Change and Thrive**

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Emotional Agility: Get Unstuck, Embrace 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.

## **Emotional Agility: Get Unstuck, Embrace Change, and Thrive**

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In EMOTIONAL AGILITY: Get Unstuck, Embrace Change, and Thrive in Work and Life (Avery, On sale September 2016, Hardcover & Ebook), 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. The key difference is they know how to gain critical insight about situations and interactions from their feelings, and use this knowledge to ...

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

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Emotional agility is a revolutionary, 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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