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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.

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. I enjoyed David's book because it provides the stretching techniques to do that.

At its core, her work is a powerful and persuasive call to embrace change in our everyday lives, along with the very practical roadmap to make it happen. Emotional Agility is basically the fast-track to fulfillment." —Claire Shipman, New York Times-bestselling coauthor of The Confidence Code.

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In Emotional Agility, Susan David offers us a groundbreaking way to recognize our feelings and understand what they are really telling us. She also gives us the tools we need to avoid emotional ruts that keep us from reaching our bigger goals. This book is a revelation for anyone looking to make lasting change in their life.

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.

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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.'

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