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In Emotional Agility,

Susan David offers us a

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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.

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renowned psychologist

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her more than twenty

years of research to

show that emotionally

agile people are not

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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

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this knowledge to ...

Embrace

About Emotional

Agility — Susan David,
Ph.D.

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

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to fulfillment.”—Claire Shipman, New York Times-bestselling coauthor of *The Confidence Code*.

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Agility, and Thrive ...
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Change

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

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

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David Packed with
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actionable advice on EI.

26 Best Emotional
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Emotional agility is a
revolutionary, science-
based approach that

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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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