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## **How Full Is Your Bucket?**

Tom Rath, Ph.D. Donald O. Clifton



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**How Full Is Your Bucket?** Tom Rath, Ph.D. Donald O. Clifton How did you feel after your last interaction with another person?

Did that person -- your spouse, best friend, coworker, or even a stranger -- "fill your bucket" by making you feel more positive? Or did that person "dip from your bucket," leaving you more negative than before?

The #1 *New York Times* and #1 *BusinessWeek* bestseller, *How Full Is Your Bucket*? reveals how even the briefest interactions affect your relationships, productivity, health, and longevity. Organized around a simple metaphor of a dipper and a bucket, and grounded in 50 years of research, this book will show you how to greatly increase the positive moments in your work and your life -- while reducing the negative.

Filled with discoveries, powerful strategies, and engaging stories, *How Full Is Your Bucket*? is sure to inspire lasting changes and has all the makings of a timeless classic.

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