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Titolo	A Joosr Guide to... The Happiness Advantage by Shawn Achor : The 7 Principles of Positive Psychology That Fuel Success and Performance at Work
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Nota di contenuto	Intro -- Contents -- What's it about? -- Change the way you perform by changing the way you think -- Make positive changes by following the path of least resistance -- You can train yourself to see possibility and potential, rather than stress and setbacks -- Focus on completing small goals to increase your capacity for accomplishing larger ones -- Use the downward momentum of failure to propel upward to success -- Reaching out to friends makes you stronger than withdrawing inward -- As you become happier, you will only become more successful -- Final summary -- Now read the book -- Key takeaways -- Copyright Page.