



# How Full Is Your Bucket? Educator's Edition: Positive Strategies for Work and Life

*Tom Rath, Donald O. Clifton*

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Organized around a simple metaphor of a dipper and a bucket --- already familiar to thousands of people --- How Full is Your Bucket? shows how even the smallest interactions we have with others every day profoundly affect our relationships, productivity, health, and longevity. Co-author Donald O. Clifton studied the effects of positive and negative emotions for half a century, and he and his colleagues interviewed millions of people around the world. Their discoveries contributed to the emergence of an entirely new field: Positive Psychology. These same discoveries are at the heart of How Full is Your Bucket?

Clifton, who also coauthored the bestseller *Now, Discover Your Strengths*, penned *How Full is Your Bucket?* with grandson Tom Rath. Written in an engaging, conversational style, their book includes colorful stories, 5 strategies for increasing positive emotions, and features an online test that measures readers' Positive Impact.

*How Full is Your Bucket?* is a quick, breezy read. It will immediately help readers boost the amount of positive emotions in their lives, and in the lives of everyone around them. The book is sure to inspire lasting changes in all who read it, and has all the makings of a timeless classic.

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