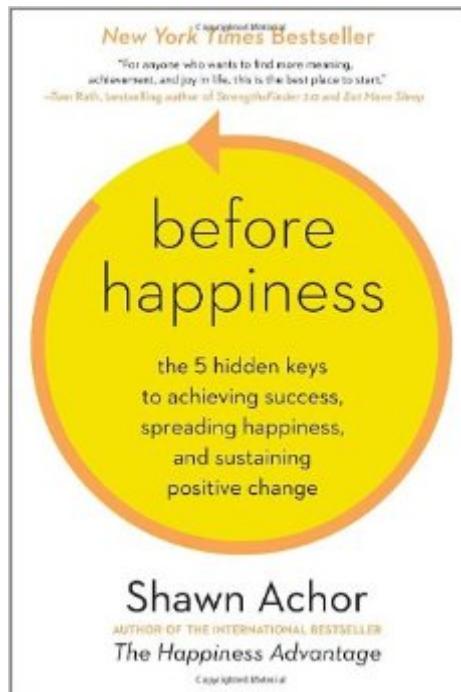


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# Before Happiness: The 5 Hidden Keys To Achieving Success, Spreading Happiness, And Sustaining Positive Change



## Synopsis

Why are some people able to make positive change while others remain the same? In his international bestseller, *The Happiness Advantage*, Harvard trained researcher Shawn Achor described why happiness is the precursor to greater success. This book is about what comes before both. Because before we can be happy or successful, we need to first develop the ability to see that positive change is possible. Only once we learn to see the world through a more positive lens can we summon all our motivation, emotion, and intelligence to achieve our personal and professional goals. In *Before Happiness*, Achor reveals five actionable, proven strategies for changing our lens to positive:

- The Most Valuable Reality: See a broader range of ideas and solutions by changing the details on which your brain chooses to focus
- Success Mapping: Set goals oriented around the things in life that matter to you most, whether career advancement or family or making a difference in the world
- The X-spot: Use success accelerants to propel you more quickly towards those goals, whether finishing a marathon, reaching a sales target, learning a language, or losing 10 pounds
- Noise-Canceling: Boost the signal pointing you to opportunities and possibilities that others miss
- Positive Inception: Transfer these skills to your team, your employees, and everyone around you

By mastering these strategies, you'll create an renewable source of positivity, motivation, and engagement that will allow you to reach your fullest potential in everything you do.

## Book Information

Hardcover: 272 pages

Publisher: Crown Business (September 10, 2013)

Language: English

ISBN-10: 0770436730

ISBN-13: 978-0770436735

Product Dimensions: 6.4 x 0.9 x 9.6 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars See all reviews (221 customer reviews)

Best Sellers Rank: #19,658 in Books (See Top 100 in Books) #45 in Books > Health, Fitness & Dieting > Psychology & Counseling > Creativity & Genius #261 in Books > Business & Money > Business Culture > Motivation & Self-Improvement #280 in Books > Business & Money > Management & Leadership > Motivational

## Customer Reviews

If you Google "Investment advice" you will get over one hundred and fifty million different sites to check out. If you were to investigate just a few, you would find much conflicting information. Do the same for "happiness" and you get even more sites and more conflicting information. One of the problems we have today is that we are bombarded with information - but so much of it is conflicting. Most of us are lacking an objective method of separating the helpful from the noise. Shawn Achor, the author of *Before Happiness*, is a highly acclaimed positive psychologist. He is also the author of a previous book - *The Happiness Advantage*. His passion is the study of happiness - discovering what really leads to happiness and also discovering those things that block our way. In *Before Happiness*, he gives us 5 key methods to better understand how we can create more happiness in our own lives and the lives of those around us. The first key is to understand that we create our own reality by what we focus on. We can choose to focus on the negative things in life or we can choose to take a more positive approach. He is not advocating irrational optimism - which he says is delusional. "Your reality is a choice; what you choose to focus on shapes how you perceive and interpret your world." The second key is the meaning we assign to things in life - Mr. Achor calls them meaning markers. You will learn how to set better goals based on what is meaningful to you and your life. The third key is what he calls the X-Spot. This concept is best illustrated by the kick a marathon runner gets when they see the finish line in sight. They get a burst of energy to finish the race.

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