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Emotional Success: The Power of Gratitude, Compassion, and Pride

By David Desteno

Blackstone Audiobooks, 2018. CD-Audio. Condition: New. Unabridged. Language: English . Brand New. A string of bestsellers has alerted us to the link between greatness and grit-the ability to persevere and control one's impulses. But no book yet has revealed the most accessible and powerful path to grit: our three prosocial emotions. These feelings-gratitude, compassion, and pride-rather than the traditionally mentioned willpower and self-denial, are the most practical and successful stepping stones. While willpower is depleted all too fast, prosocial emotions become stronger with use. These emotions are also contagious. People around us become more likely to apply them when we do. This myth-shattering book explains why prosocial emotions are so effective. They evolved specifically to help us delay our gratification. Compassion disables our innate desire for short-term gains and makes us more resilient. DeSteno shows us how to strengthen our prosocial emotions, right now and for the future. Whether your child is taking the Marshmallow Test or you're about to tackle the Whole30, Emotional Success will give you the tools you need to pull you through.



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