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Work  
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## Advantage The **Positive ...**

5 min read □ The  
Seven Principles of  
Positive Psychology  
That Fuel Success and  
Performance at Work.  
In The Happiness  
Advantage, Shawn  
Achor describes how  
happiness represents  
an advantage in every  
major aspect of our  
lives. According to  
psychology studies,  
positive brains have a  
biological advantage  
over brains that are



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neutral or negative.

## Advantage The Seven Principles

### **The Happiness Advantage: The Seven Principles of Positive ...**

This is the “Happiness  
Advantage”. Shawn

Achor presents seven  
principles of positive  
psychology, with tools  
and tips to improve  
your resilience,  
happiness, well-being  
and performance. In  
The Happiness  
Advantage summary,

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we'll give an overview  
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principle #1: the  
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principle #2: the

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fulcrum and the lever  
principle # 3 the tetris  
effect principle # 4:  
falling up principle # 5:  
the zorro circle  
principle # 6: the  
20-second rule  
principle #7: social  
investment

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“Achor transports us to his virtual classroom, a journey along which we glean the seven secrets of happiness.

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The Happiness

Advantage reveals the  
most important  
discoveries coming out  
of modern

psychology.”—Rom  
Brafman, bestselling co-  
author of Sway and

Click "Shawn Achor is  
funny, self-  
deprecating, and  
devastating to my  
notions of what his  
field is all about. . . .

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## **Seven Principles of Positive ...**

The seven principles of the happiness advantage.

IntelligentHQ Anchor refers that our influence is even greater if we have a higher position in the structure of the organization. In this case, the way we interact with others should be even more careful because of the power we have.

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**Book Review: "The  
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Shawn Achor ...**

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Shawn Achor Posted on  
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holds that if we work  
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Principle #1: The  
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Martin Seligman, the  
pioneer in positive

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psychology, has broken happiness down into three, measurable components: pleasure, engagement, and meaning. For Shawn Achor, happiness is the joy we feel striving after our potential.

## **Book Summary: The Happiness Advantage by Shawn Achor**

Isolating seven practical, actionable principles that have

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been tried and tested everywhere from classrooms to boardrooms, stretching from Argentina to Zimbabwe, he shows us how we can capitalize on the Happiness Advantage to improve our performance and maximize our potential.

**The Happiness  
Advantage - Shawn  
Achor**

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Isolating seven  
practical, actionable  
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been tried and tested  
everywhere from  
classrooms to  
boardrooms, stretching  
from Argentina to  
Zimbabwe, he shows  
us how we can  
capitalize on the  
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to improve our  
performance and

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maximize our  
potential.

## **The Happiness Advantage: The Seven Principles of Positive ...**

There is no excerpt  
because this is a  
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## **The Happiness Advantage eClass - Shawn Achor**

The book focuses on  
seven specific  
principles that

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individuals can use to generate a happiness advantage and maximize their potential. Principle #1: The Happiness Advantage Positive mood makes individuals more productive, engaged, creative, and efficient.

## **The Happiness Advantage: The Seven Principles of Positive ...**

Achor's book, The  
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Happiness Advantage,  
puts a definitive  
emphasis on personal  
growth, and describes  
7 principles for  
achieving increased  
well-being. 1. The  
Happiness Advantage.  
To achieve success,  
allow yourself to be  
driven by habits that  
encourage happiness.

## **How to Increase Productivity: 7 Principles of the ...**

“Habits are like

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Advantage. The  
financial capital -  
forming one today is  
an investment that will  
automatically give out  
returns for years to  
come.” — Shawn  
Achor, *The Happiness  
Advantage: The Seven  
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## **The Happiness Advantage Quotes by Shawn Achor**

In his *NY Times*

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bestseller The  
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That Fuel Success and  
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former Harvard  
teaching fellow Shawn  
Achor, uses stories and  
case studies from his  
work with thousands of  
Fortune 500 executives  
in 42 countries to  
explain how we can  
gain a competitive  
edge at work by  
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