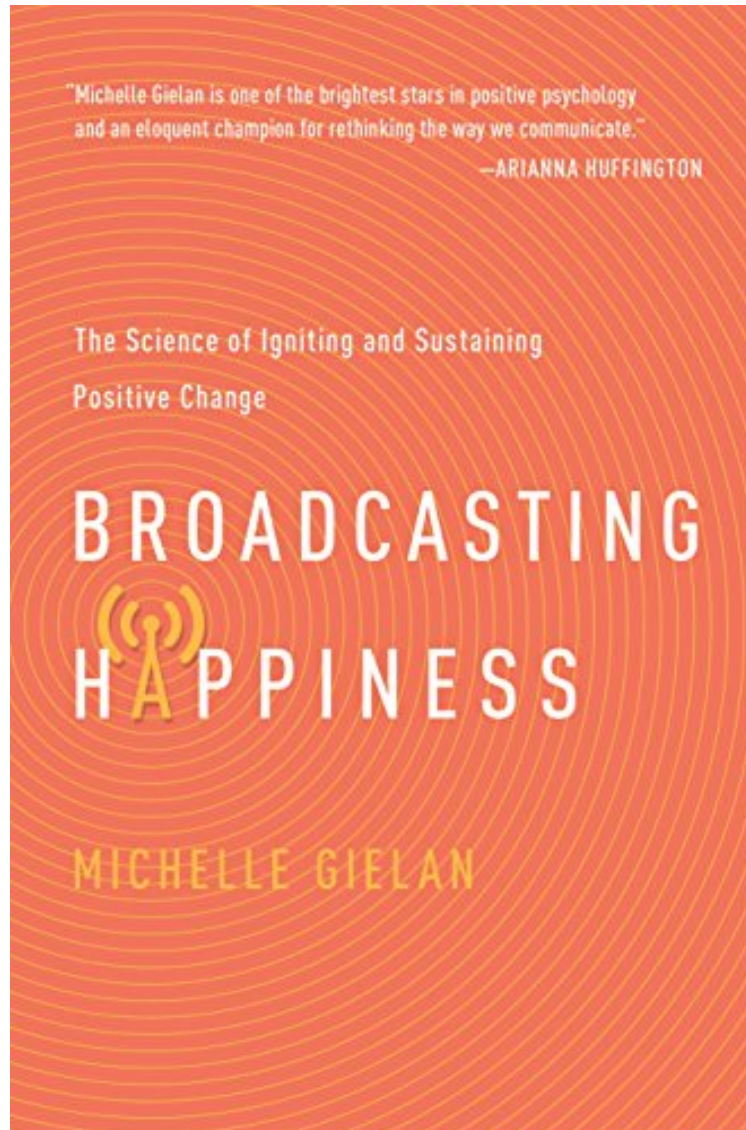


# Broadcasting Happiness: The Science of Igniting and Sustaining Positive Change

*Michelle Gielan*

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**Michelle Gielan : Broadcasting Happiness: The Science of Igniting and Sustaining Positive Change** before purchasing it in order to gage whether or not it would be worth my time, and all praised Broadcasting Happiness: The Science of Igniting and Sustaining Positive Change:

64 of 66 people found the following review helpful. This book delivers happiness for you and your work teams!By Eric KarpinskiDo you want to make yourself and your work teams happier? If so, read this book. Irsquo;ve been studying and teaching positive psychology in-depth for over 8 years and this is the best happiness book Irsquo;ve read

in a long time. Broadcasting Happiness is everything a positive psychology book should be. Michelle summarizes sixteen years of top positive psychology research (including research published THIS year) into a fun book that is practical and incredibly useful. She weaves powerful stories throughout the book that make the learnings come alive. Michelle brings a fresh new perspective that sets it apart from other positive psychology books. Rather than focusing solely on what you can do to make yourself happier, she also shows you how your actions can help the people around you feel happier -- your coworkers, your significant other, your family and your friends. This former CBS national anchor integrates powerful tools from the world of broadcast journalism with the most recent research. This book will make you into your own broadcaster -- showing you how to spread positive perspectives and positive emotions with your everyday words and deeds. In Part I, you learn how to utilize the proven tools of positive psychology to bring up the mood of people on your teams, to help them think more clearly, be more engaged and find creative solutions to problems. In Part II, my favorite section, Michelle's tools and fresh perspectives are at their best. She tackles the tough subjects of how to deal with negative people and how to deliver bad news. These two chapters are worth going into a bit more detail here. Chapter 6: Strategic Retreats: Deal with Negative People. While you can choose happiness for yourself, you are also greatly affected by the emotions of others. In this chapter, you'll learn how to work through the negative people at work without getting pulled into their emotional spirals. 1) Strategic Retreat. If you are in a conversation that is necessary but is dragging you down, it can be a brilliant time step out to recharge and plan a better way to have that conversation. This is especially useful if you are feeling depleted, the other person is caught up in strong negative emotions or you are outnumbered by negative voices. 2) Regroup. Once you are free of the negative space, you'll want to move yourself to a more positive mindset before heading back into that discussion. Michelle gives a lot of great ideas on how to do this in the book. 3) Re-Enter. Plan a time and place that you'll be ready for the conversation and the negative person may be in a better mood. Plan out how you are going to get what you need from the conversation while keeping the discussion on a positive path. Practice the conversation a few times before it happens so you are ready to counter the negative without falling into it. When you get what you need, move on. Chapter 7 The Four C's: Deliver Bad News Better. In this chapter Michelle lays out four steps for delivering bad news in constructive and compassionate ways. 1) Create Social Capital. Build relationships with your team along the way. If you've supported your teammates, connected with them and recognized them for their accomplishments in the good times it makes delivering the bad news easier. 2) Context. Let them know why the decisions were made and the meaning behind the decision. 3) Compassion. Express that you understand that the news is stressful or creates more work or challenge for them. Compassion is a path to connection even in unfavorable circumstances. 4) Committed. Help them develop a plan to manage the bad news and commit to do what you can to help them achieve it. In Part 3 she again brings that broadcasting experience to the fore and teaches you how to make the most of the good things that happen. This helps generate contagious optimism to your work teams and your social network. All in all a very helpful book that is worth the read. Go to it! Eric Karpinski

TheHappinessCoach.BIZ20 of 21 people found the following review helpful. Awesome addition to the positive psychology canon. By Samir Patel Shawn Achor's books changed my life and led me to review every bit of the positive psychology canon I could get my hands on, from Tal Ben-Shahar to Langer to Mihaly with the really long last name... all the way back to Aristotle's Nicomachean Ethics (his concept of eudaimonia being the bedrock of the modern positive psychology definition of happiness.) Since the concepts are pretty straightforward, it is a real testament to Michelle that Broadcasting Happiness adds a new chapter to the story by crystallizing easy and effective ways to spread optimism. The science and specific recommendations are obviously solid, but what I appreciate most is the clarity of her writing, which actively broadcasts her happiness to you as you're reading. Take lines like these:// Your significant other might say: "We need to talk. I don't feel like there is any hope we can make this work." (And they're just talking about the microwave, not your relationship.) How can you not crack up and smile and nod? Everyone knows someone in their lives who could use a little optimism. I've been handing out copies of Shawn's books to friends and family like I'm a Latter Day Saint going door to door - but some people are so entrenched in their negative thought patterns that I haven't been able to effectively communicate the very real impact positive psychology has had on my life. Having read Broadcasting Happiness, I now know exactly how to get those sorts of people in the right mood to read Before Happiness, The Happiness Advantage, or The Pursuit of Perfect. :) 2 of 2 people found the following review helpful. and I love it. Thank you Michelle By Leo Bellew Backs up the PBS special show Michelle and Shawn Achor do together. This stuff actually works. I wish I could tell you that I have learned it all and am putting it into practice every day. Nope. About 1/3 through the book though, and I love it. Thank you Michelle. Thank you Shawn.

Broadcasting Happiness will "inspire you and change your life." Parade Magazine We are all broadcasters. As managers, colleagues, parents and friends, we are constantly transmitting information to the people around us, and the messages we choose to broadcast create success or hold us back. What's your broadcast? New research from the fields of positive psychology and neuroscience shows that small shifts in the way we communicate can create big ripple effects on business and educational outcomes, including 31 percent higher productivity, 25 percent better

performance ratings, 37 percent higher sales, and 23 percent lower levels of stress. In *Broadcasting Happiness*, Michelle Gielan, former national CBS News anchor turned positive psychology researcher, shows you how changing your broadcast changes your power by sharing jaw-dropping stories and incredible research. Learn Michell's simple research-based communication habits that have been featured in her PBS program *Inspire Happiness* and Oprah's 21 Days to Happiness class. *Broadcasting Happiness* will help you: - Inoculate your brain against stress and negativity by fact-checking challenges - Drive success by leading a conversation or communication with positivity - Rewrite debilitating thought patterns and turn them into fuel for resilience and growth - Deal with negative people in a way that lessens their power - Share bad news more effectively to increase future social capital - Create and sustain a positive culture at work or home by creating contagious optimism - Help the people you care about most move from negative to positive in seconds *Broadcasting Happiness* showcases how real individuals and organizations have used these techniques to achieve results that include increasing revenues by hundreds of millions of dollars, raising a school district's graduation rate by 45 percent, and shifting family gatherings from toxic to thriving. Changing your broadcast can change your life, your success, and the lives of others around you. *Broadcasting Happiness* will show you how!

"[*Broadcasting Happiness* will] inspire you and change your life." --Parade Magazine "Michelle Gielan is one of the brightest stars in positive psychology and an eloquent champion for rethinking the way we communicate." --Arianna Huffington "Broadcasting Happiness is a truly exceptional book, one that will help you to be better and more effective in work and life right away." --Tom Rath, New York Times bestselling author of *Strengths-Based Leadership* and *Eat Move Sleep* "Broadcasting Happiness is an inspiring book on radically rethinking the way we communicate with others. Michelle Gielan is a gifted storyteller, and she shares powerful science and practical insights for improving the world around us." --Adam Grant, Wharton professor and New York Times bestselling author of *Give and Take* "Broadcasting Happiness taps into our power as individuals to lead collective positive change simply by altering the way we view and share our everyday experiences. Michelle Gielan is a transformative thought leader and her book will change the way you work, live, and look at the world around you." --Betsy Korona, Senior Producer, MSNBC About the Author Michelle Gielan, founder of the Institute for Applied Positive Research, is an expert on the science of positive communication and how to use it to fuel success. She works with Fortune 500 companies and schools to raise employee engagement, productivity, and happiness at work. Michelle is a Partner at GoodThink, a positive psychology consulting firm, and she holds a Master of applied positive psychology from the University of Pennsylvania.