

How did you feel after your last interaction with another person? Did that person -- your spouse, best friend, coworker, or even a stranger -- fill your bucket by making you feel more positive? Or did that person dip from your bucket, leaving you more negative than before? This book reveals how even the briefest interactions affect your relationships, productivity, health, and happiness. Organized around a simple metaphor of a dipper and a bucket, and grounded in 50 years of research, this book will show you how to greatly increase the positive moments in your work and your life -- while reducing the negative. Filled with discoveries, powerful strategies, and engaging stories, this book is sure to inspire lasting changes and has all the makings of a timeless classic.

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