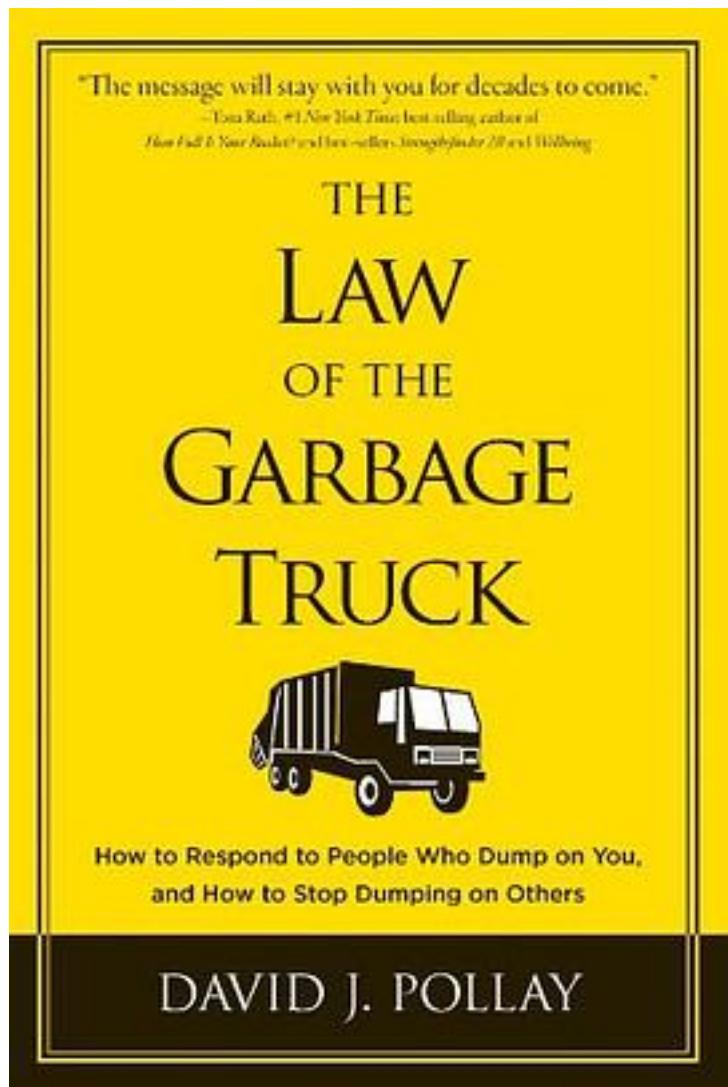


The Law of the Garbage Truck



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Twenty years ago, while riding in the back of a New York City taxicab, syndicated columnist and business consultant David J. Pollay had an awakening-and he converted the lesson he learned that day into a life philosophy: By letting other people's garbage"-their negativity-simply pass by," and not dumping garbage on others, you can become happier and more successful, both personally and professionally. Since David published the Law in his newspaper column three years ago, more than 1,000 blogs have posted it, millions more have read it, and organizations worldwide have adopted it. And the numbers keep growing. Translated into nearly 50 languages, people from more than 100 countries have taken David's No Garbage Trucks! Pledge." All over the world people remember the focusing metaphor of the garbage truck for what can be achieved in life by not staking success and happiness on the behavior of others. Powerful and easily understood, The Law of the Garbage Truck will guide and inspire readers everywhere, every day.

作者介绍:

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标签

正向心理学

小哲理

test

评论

easy to understand but hard to follow, but will try my best

1.我觉得自己已经修炼的不错了，所以大多是找一点pat on the shoulder的同感。2在做自我测试，我对那种被态度不好的服务生毁掉一天的一类问题还是没有修炼够。3.分析venting和dumping的区别部分很有启发。我自己已经注意到每次都说谢谢让我venting，以后要学习事前问我可以vent吗。4读完一周后，就遇到了

态度不好的诊所接待小姐，我也不搭话，保持沉默（tony hillerman的书的心得），她自己倒是觉得不好意思了后来一直特别的客气。我心里想的确实是let this garbage truck pass me，因而真的一点没有upset。5鸡汤书的营销特有意思，比如说每本书都要patent一个fancy phrase.不知道有没有总结这一类的分析书。

对于处理各种负面情绪很有帮助。

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书评

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