

Book Review

Emotional agility: Get unstuck, embrace change, and thrive in work and life

David, S. (2016). Penguin Random House.

This book provides simple, practical advice to allow people to make changes in all areas of their lives. It's clearly and concisely written by renowned psychologist Susan David.

Emotional Agility walks you through why you can become stuck, and steps you can take to rectify this and truly flourish. The author carefully balances real life examples with academic research to back up her methodology for a new way of living, which she says can enhance your life greatly.

David writes about becoming aware of your true nature, accepting and facing your emotions and acting in accordance with your deepest values. She provides anecdotes and examples to help you understand how you can make these changes.

For those specifically looking for help raising children or in the workplace, there are separate chapters dealing with both of these.

There are no set exercises to work through so if that's what you're looking for this is probably not the right book for you. But for everybody else, this makes for an accessible and easy to read book on the topic of emotional agility.

Reviewed by Cory Stewart, Health Promotion Consultant.

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