



# The Positive Dog: A Story About the Power of Positivity

By Jon Gordon

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**The Positive Dog: A Story About the Power of Positivity** By Jon Gordon

## Discover the benefits of being positive.

We all have two dogs inside of us. One dog is positive, happy, optimistic, and hopeful. The other dog is negative, mad, sad, pessimistic, and fearful. These two dogs often fight inside us, but guess who wins the fight? The one you feed the most. So begins the story about a negative mutt named Matt and a big dog named Bubba who teaches him how to feed himself with positivity each day and in the process Matt transforms his own life and the shelter they call home.

*The Positive Dog* is an inspiring, heartwarming story that not only reveals the strategies and benefits of being positive but also an essential truth for humans: Being positive doesn't just make you better. It makes everyone around you better.

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### Editorial Review

Amazon.com Review

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### "Eleven Benefits of Being Positive," by Jon Gordon, Author of *The Positive Dog*



1. Positive people live longer. In a study of nuns, those that regularly expressed positive emotions lived an average of 10 years longer than those who didn't (Snowdon, 2001).
2. Positive work environments outperform negative work environments (Goleman, 2011).
3. Positive, optimistic salespeople sell more than pessimistic salespeople (Seligman, 2006).
4. Positive leaders are able to make better decisions under pressure (Institute of HeartMath, 2012).
5. Marriages are much more likely to succeed when the couple experiences a 5-to-1 ratio of positive to negative interactions, whereas when the ratio approaches 1-to-1, marriages are more likely to end in divorce (Gottman, 1999).
6. Positive people who regularly express positive emotions are more resilient when facing stress, challenges, and adversity.
7. Positive people are able to maintain a broader perspective and see the big picture, which helps them identify solutions, whereas negative people maintain a narrower perspective and tend to focus on problems (Fredrickson, 2009).
8. Positive thoughts and emotions counter the negative effects of stress. You can't be thankful and stressed at the same time.
9. Positive emotions such as gratitude and appreciation help athletes perform at a higher level (Institute of

HeartMath, 2012).

10. Positive people have more friends, which is a key factor of happiness and longevity (Putnam, 2000).

11. Positive and popular leaders are more likely to garner the support of others and receive pay raises and promotions and achieve greater success in the workplace.

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From the Inside Flap

*Discover the benefits of being positive.* We all have two dogs inside of us. One dog is positive, happy, optimistic, and hopeful. The other dog is negative, mad, sad, pessimistic, and fearful. These two dogs often fight inside us, but guess who wins the fight? The one you feed the most. So begins the story about a negative mutt named Matt and a big dog named Bubba who teaches him how to feed himself with positivity each day...and in the process, Matt transforms his own life and the shelter they call home.

*The Positive Dog* is an inspiring, heartwarming story that not only reveals the strategies and benefits of being positive but also an essential truth for humans: being positive doesn't just make you better. It makes everyone around you better.

Jon Gordon has shared the simple, powerful strategies found in this book with Fortune 500 companies, professional sports teams, college athletes, school districts, and nonprofits, and the proof is in the countless success stories shared by Jon's clients. The strategies in this book have grown sales, motivated sales people, improved team performance, developed positive kids, enhanced careers, inspired promotions, improved marriages, and lead to greater individual and team success.

For anyone looking to overcome negativity and challenges to become more positive, *The Positive Dog* provides the inspiration and action plan to feed yourself and your team with positivity. When you feed the positive dog and feed others, everyone benefits!

From the Back Cover

### **Discover the benefits of being positive**

*Being positive doesn't just make you better. It makes everyone around you better.* The principles and strategies in this book have inspired countless people in business, education, health care, and professional sports to be more positive and become a positive influence on others. When you feed the positive dog inside you and feed your team with positivity, everyone benefits!

### **Users Review**

#### **From reader reviews:**

#### **Mae Saari:**

Why don't make it to become your habit? Right now, try to ready your time to do the important act, like looking for your favorite reserve and reading a reserve. Beside you can solve your short lived problem; you can add your knowledge by the e-book entitled *The Positive Dog: A Story About the Power of Positivity*. Try to face the book *The Positive Dog: A Story About the Power of Positivity* as your pal. It means that it

can to become your friend when you truly feel alone and beside those of course make you smarter than previously. Yeah, it is very fortunate to suit your needs. The book makes you more confidence because you can know anything by the book. So , let's make new experience as well as knowledge with this book.

### **Lacey Clements:**

The book *The Positive Dog: A Story About the Power of Positivity* can give more knowledge and also the precise product information about everything you want. So why must we leave the good thing like a book *The Positive Dog: A Story About the Power of Positivity*? A few of you have a different opinion about publication. But one aim that will book can give many data for us. It is absolutely correct. Right now, try to closer using your book. Knowledge or information that you take for that, you can give for each other; it is possible to share all of these. Book *The Positive Dog: A Story About the Power of Positivity* has simple shape but you know: it has great and massive function for you. You can seem the enormous world by start and read a book. So it is very wonderful.

### **Aurelio Ashley:**

People live in this new day of lifestyle always aim to and must have the extra time or they will get wide range of stress from both day to day life and work. So , once we ask do people have spare time, we will say absolutely of course. People is human not really a robot. Then we inquire again, what kind of activity do you have when the spare time coming to you actually of course your answer will unlimited right. Then do you try this one, reading publications. It can be your alternative in spending your spare time, typically the book you have read is actually *The Positive Dog: A Story About the Power of Positivity*.

### **Catherine Riddle:**

Reading can called imagination hangout, why? Because while you are reading a book especially book entitled *The Positive Dog: A Story About the Power of Positivity* the mind will drift away trough every dimension, wandering in every single aspect that maybe unknown for but surely might be your mind friends. Imaging every single word written in a guide then become one type conclusion and explanation that maybe you never get previous to. The *The Positive Dog: A Story About the Power of Positivity* giving you an additional experience more than blown away the mind but also giving you useful details for your better life with this era. So now let us demonstrate the relaxing pattern here is your body and mind will likely be pleased when you are finished reading it, like winning an activity. Do you want to try this extraordinary wasting spare time activity?

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