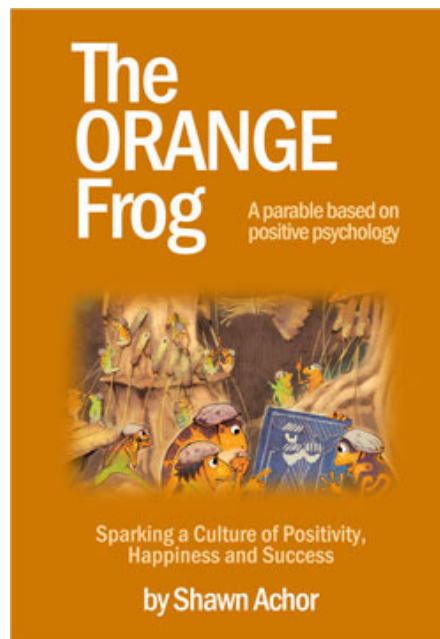




The Orange Frog : How One Spark Change An Island

Shawn Achor

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The Orange Frog : How One Spark Change An Island Shawn Achor

The Genie is out of the Bottle...

and it looks like an Orange Frog

Here's what we keep hearing:

What we really want is an engaged workforce capable of performing at high levels and generating competitive advantage."

Research by Harvard's Shawn Achor and others in the field of positive psychology proves that our level of happiness and positive outlook is directly correlated to predictable levels of sustainable success...and further, that this success ripples out to those around us. Best of all, these strategies can be learned.

Now, Shawn has penned the most readable of business books; a short story about a "normal" frog that chooses to be anything but normal. This endearing story invites readers to share his journey to save an island in the midst of chaotic times, looming threats with a cast of recognizably disengaged characters.

Adults and students alike find this story engaging and fun, but make no mistake, this is nothing short of a revolution in the way we approach engagement and happiness in today's competitive work environments.

Increase Productivity

Build Team Engagement

Create a Positive Performance Culture

The research behind The Orange Frog and Shawn's best-selling book The Happiness Advantage has been used at (among others) AMEX and TD Ameritrade, and by individuals and organizations in 45 countries to generate a more positive, productive culture and work environment.

The Orange Frog : How One Spark Change An Island Details

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Author : Shawn Achor

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From Reader Review The Orange Frog : How One Spark Change An Island for online ebook

Michael Armijo says

THE ORANGE FROG by Shawn Achor was discovered by me while reading an article in the NY Times about positive psychology, positive environment and ways to create a more engaging performance in whatever you choose to do.

The story is a cute 65 page parable about an ORANGE frog who was different and in a quandary about 'what to do' not that he is looked upon as so different.

It's an insightful, inspiring way to focus on being happy by focusing on exercise, helping others, being grateful, having small goals (that lead to big goals) and sharing your triumphs.

Here are a few of the lines that captured me while reading:

"...think of the things you're grateful for."

Orange Frog advice: Gratitude, swimming, breaking up your day with fun activities, and especially helping people.

He advised others to keep focusing on the progress that was being made and to continue to tackle each day to accomplish a small goal.

"Happiness is the JOY one feels striving after their potential."

Laurel Raleigh says

The book is a pretty quick read. It is a parable about working with an open mind and a positive attitude. Where I think the book really misses the mark is regarding hard work. Some of the message is really misguided. Hard work is not to be frowned upon and though I understand the overall point of the story is work with a positive can-do team attitude but I just feel that parts of the story are too simplified.

Puteh Jerneh says

Motivate

Joette says

Read this book for a conference I went to, good message about happiness and how it can effect your life. Reminds you that happiness is a decision you make, and not to let others take it from you.

Choose happy.

Tina M says

Wow; the power of positivism...and of metaphors. "By conquering the Thrall (feeling the work is overwhelming and has no meaning), the found a way to overcome the Deluge (large and disastrous problems at work).

"Only 10% of our long-term happiness can be predicted based upon our environment; 90% of our long-term happiness is predicted based upon how our brains process the world."

Veronica says

This book was a very fast read, and basically just was promoting happiness and positivity among all :). Very good!

Beth Casey says

fun quick read for work -change is difficult but can be for good if we are open to it.

Angie Dianetti says

Cute parable about how your mental attitude affects your surroundings. For a business parable book - this one is pretty good.

Crystal says

This little book is a parable about the power of positivity, as told through the lens of frogs on a fictional island. I had to read it for work--these kinds of books aren't usually my thing. I prefer someone to just lay out the facts, and maybe including their interpretation, so I can then draw my own conclusions. But I needed this for a training at work, so I read it. And it's not bad. I felt like it was clunky and obvious while I was reading it, but I've noticed since reading it, when discussing it with coworkers, that the story format, as Achor says in related training and the commentary at the back of this book, helps the lessons of the story stick in my mind better. so while I rolled my eyes at the sermon-like simplicity of the story device, I still caught myself jokingly calling a coworker who was being negative "Plop", and making other references to the story that I have obviously retained. And later catching myself in negativity. So, well played, sir, well played. Your orange frog has infected my mind, as well as all the other frogs, with his bright colors. Mission accomplished.

Nicole says

Such a positive message and a great model for changing the culture of a community/organization. :D

Frederika Roberts says

A brilliant book and very quick to read.

For anyone who needs an introduction to positive psychology and its benefits, especially in organisations, but also for anyone wanting a quick reminder, this is a must-read.

The parable covers so many fundamentals of positive psychology, from choosing to be happy, to happiness coming before success, to the crucial importance of altruism, as well as gratitude and exercise, to name but a few. It took me less than an hour to read the book, and it also helpfully explains the metaphors and key concepts at the end, for those that want to learn more about the science behind it all.

I'm a huge fan of Shawn's work and was delighted to meet him at this year's IPEN (International Positive Education Network) Festival of Positive Education, where he also gave away copies of this fabulous little book. My signed copy takes pride of place on my bookshelf!

I cannot recommend this book highly enough!

Ron Felder says

I enjoyed this book. The section in the back of the book was especially helpful in explaining the themes that were in the parable, clarifying some concept that weren't clear as I read the story initially. Great story and a great way to explain the power of Happiness!

Shannon Vanderhyde says

It will change the way you think!

Faith Tydings says

Just like the mice in the maze and the other one about mice...and mazes...I liked the idea behind this book, it makes sense. The delivery was so-so. The author tried to add humor into the book which fell a little short for me and the characters were a little cheesy for my liking. However, it was a quick read and it makes sense. I would like to read a little less "parables" about animals and a little more about what it actually means to be happy. I am very interested in his other books.

Greg says

Loved the book. Crisply explains the Malaise we see in the workplace (The Thrall) and shows easy ways to actually take action to overcome challenges and not be a victim. Read this at least 5 times. The best part is the back where Achor shows how the research bears out the prescriptions.
