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Sometimes, they can even hold us back. Emotions such as anger, anxiety, guilt,

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and sadness might feel uncomfortable,  
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The Upside Of Your Dark Side Summary  
January 2, 2016 April 11, 2019 Niklas  
Goeke Self Improvement 1-Sentence-  
Summary: The Upside Of Your Dark Side  
takes a look at our darkest emotions,  
like anxiety or anger, and shows you  
there are real benefits that follow them  
and their underlying character traits,

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such as narcissism or psychopathy.  
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There's a hopeful message too – the upside of our dark side. Spite can drive us forward, and Simon provides a fresh perspective on the word by showing the evolutionary benefits of spite as a social leveller, an enabler of defiance, a wellspring of freedom and a vital weapon in our everyday armoury.

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It's an interesting way to view our dark side as an important part of who we are and accept it. Usually we understand that having a dark side is a bad thing and that we need to get rid of it. However, the "trick" is to use the dark

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good when it's too extreme.

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I help organizations apply the latest findings from behavioral science. To date, I have presented to groups in over 20 countries. My clients include The Gap, General Mills, Mercedes-Benz, United States Department of Defense, and Standard Chartered Bank.

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Inspired by a true story, *The Upside* is a heartfelt comedy about a recently paroled ex-convict (Kevin Hart) who strikes up an unusual and unlikely friendship with a paralyzed billionaire (Bryan ...

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The Upside of Your Dark Side feels like a mass media expansion of this basic hypothesis, that “life worth living” isn’t about gaining happiness any more than

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it is about avoiding misery. The true good life is a life of your whole self. That's how we grow and that's how we develop, not just in bits and pieces, but in wholeness.

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The Upside of Your Dark Side looks into

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the darkest depths of the human psyche, only to discover that the painful emotions that we often wish we could just make go away - anger, anxiety, guilt - are sometimes the key to our success.

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result of collaboration between Todd Kashdan, a research powerhouse and vocal critic from within the positive psychology movement, and Robert Biswas-Diener, an...

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