



# Keeping Your Spirits Up

*Sarah Dale*

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## **Keeping Your Spirits Up** Sarah Dale

Do your friends and colleagues see you as a successful person who is calm, professional and cheerful - while sometimes you feel far from it? Sarah Dale, the chartered occupational psychologist behind the Creating Focus coaching programme, has met many people for whom this seems to be the case. People who face daunting workloads; rapid change; uncertainty about the future; and a sometimes impossible conflict between work, home and well-being. It's a mix that can dampen your enthusiasm for a career you once loved and leave you too tired to enjoy your leisure time. This book, drawing on sound research, suggests realistic ways of Keeping Your Spirits Up. "A terrific book that inspires and challenges" Russell Foster, Oxford University and Chair, Cheltenham Science Festival 2011 "Excellent reading" J Olds, Associate Clinical Professor of Psychiatry, Harvard Medical School "Valuable and welcome" Alex Linley, Founding Director, Centre for Applied Positive Psychology (Capp) "A lovely combination of theory, examples and practical advice" Mark Williamson, Director, Action for Happiness "Very positive and down to earth" Catharine Arnold, author, Bedlam

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