

'Essential reading'  
Susan Cain, author of *Quiet*

'A practical, science-backed guide to looking inward and  
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# EMOTIONAL AGILITY

Get Unstuck, Embrace  
Change and Thrive  
in Work and Life

SUSAN DAVID



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and Thrive in Work and Life*

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PENGUIN LIFE

AN IMPRINT OF

PENGUIN BOOKS

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