



Average to A+: Realising Strengths in Yourself and Others (Strengthening the World)

Alex Linley

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Who wants to be average? Nobody does, and yet few of us know our strengths clearly, or know how to make the most of them. Until now. Average to A+ is the seminal volume for identifying and maximising our strengths.. Written by an international thought leader in the field, Average to A+ presents the state of the art understanding of strengths, including their evolutionary origins and what this means for us in modern times; the golden mean for optimal strengths use; the royal roads to identifying strengths in ourselves and in other people; and how we can make the most of strengths in ourselves, in our children, and at work. Throughout the book, you will see how using strengths is the smallest thing that makes the biggest difference. Average to A+ introduces the three pillars of responsibility of the strengths approach, demonstrating how the collective use of our strengths enables positive social change to tackle the major social challenges we face today. It speaks to each and every one of us as human beings, and invites us to become the best that we are capable of becoming. Average to A+ represents the cutting edge of the strengths approach, and is the standard bearer for the realisation of human strengths and human possibility.

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