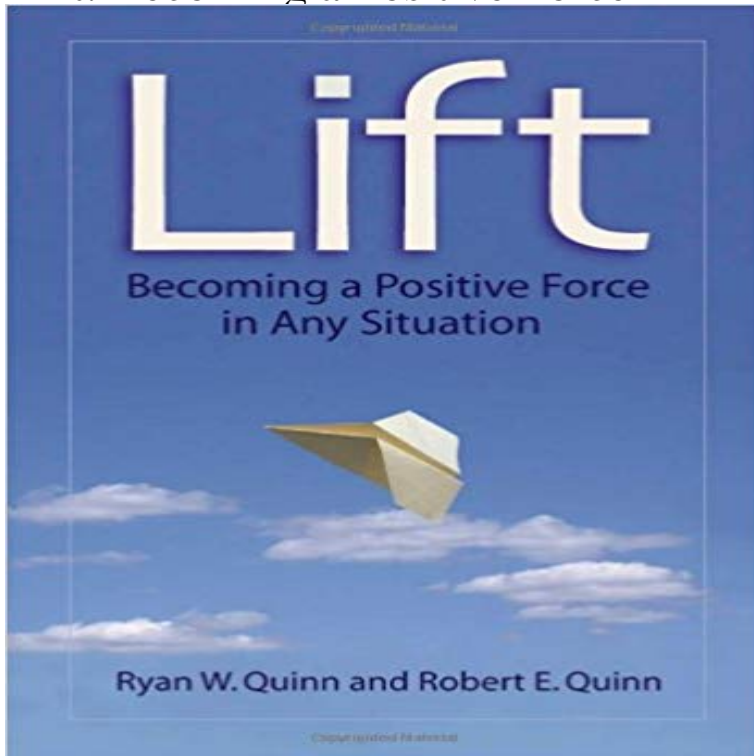


# Lift: Becoming a Positive Force in Any Situation



Harness the Science of Positive Influence We all want to have a positive impact, but often, despite our best intentions, were tripped up by subtle psychological states we were not even aware of. It doesn't have to be that way. In *Lift*, Ryan and Robert Quinn combine cutting-edge social science and real-world examples to describe four mindsets that will help you become aware of the unconscious ways you're holding yourself and others back. They offer tested, practical guidelines and practices for exerting positive influence in any situation. The Quinns go beyond mere tactics--if you take the lessons in *Lift* to heart, you will not simply wield positive influence, you will by your very nature become a positive influence.

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