



The 3 Promises: Find Joy Every Day. Do What You Love. Make A Difference.

By David J. Pollay

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In his blockbuster book *The Law of the Garbage Truck* David J. Pollay showed how to deflect the negativity that derails our goals and leaves us stressed and miserable. Now, in this inspiring follow-up, Pollay explains how making three simple promises to yourself—“to find joy every day, do what you love, and make a difference”—can radically enhance every aspect of your life. Illustrating his points through memorable, personal stories, Pollay makes it simple to practice transformative strategies that help us achieve fulfillment.

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Editorial Review

Review

"In *The 3 Promises* David J. Pollay masterfully weaves moving stories and rigorous science. Read this wonderful book, follow its prescriptions, and I can promise you that you'll become happier!" —Tal Ben-Shahar, *New York Times* bestselling author of *Happier and Choose the Life You Want*

"*The 3 Promises* will have a profoundly positive impact on your happiness and productivity. David J. Pollay shows you how you can have more joy, career satisfaction, and meaning in your life, starting right now. I encourage you to take *The 3 Promises* 3-day Challenge and see for yourself!" —Jon Gordon, bestselling author of *The Energy Bus* and *The Carpenter*

"With *The 3 Promises*, David Pollay has done it again. Author of *The Law of the Garbage Truck*, Pollay is a master at creating instruction manuals for living one's best life. In his hands, research findings from the science of positive psychology become clear, practical, and deeply transformative. In an age of happiness, the basic emotion of joy is often overlooked. While happiness is based on happenings, joy is under a person's control and Pollay offers specific, accessible strategies for creating more joy in our lives. Profoundly simple yet simply profound, good tidings of great joy are found in every page of this book!" —Robert A. Emmons, Editor-in-Chief, *The Journal of Positive Psychology* and author of *Thanks!* and *Gratitude Works!*

"*The 3 Promises* is a delightful and invigorating book. After reading it, I wish I could give it to every new graduate, every worker, and everyone who is transitioning or adjusting to changes in life and work." —Libby Sartain, former head of HR for both Yahoo! Inc. and Southwest Airlines and author of *HR from the Heart*, *Brand from the Inside*, *Brand for Talent*, and *The Chief HR Officer*

"*The 3 Promises* shows how we can achieve large gains in success and happiness by making small daily commitments. Drawing on fresh research and his experience as a leader and a father, David J. Pollay identifies practical steps for finding joy, pursuing passion, and helping others." —Adam Grant, Wharton professor and bestselling author of *Give and Take*

"Thought-provoking, research-based and quick to read, *The 3 Promises* is packed with powerful questions to help you see that finding joy, doing what you love and making a difference are within your realm of possibilities-starting today." —Valorie Burton, President of the CaPP Institute and Bestselling Author, *Get Unstuck*, *Be Unstoppable* and *Successful Women Think Differently*

"David J. Pollay has cracked the success code with *The 3 Promises*. Like a Disney movie, this book will make you laugh, it will make you cry, but most importantly it will make you think." —Yakov Smirnoff, America's Funniest Russian Comedian, and Professor at Missouri State College

"*The 3 Promises* is a splendid recipe for all of us who struggle to find purpose and direction in our lives, who struggle to stay on course, or to just begin to find a path. Who am I? What should I do with my life? What will make my life meaningful? David J. Pollay boils it all down to three sign posts that I think everyone can benefit from. I found myself pleasantly refreshed and able to reflect on where I have been and where I need to go. For every seeker, this is a path worth exploring. Promise these 3 things to yourself and

you will flourish. Bravo and well done.” —Stephen G. Post, bestselling author of *Why Good Things Happen to Good People*

“David J. Pollay's *The 3 Promises* provides the lens for clearly seeing the infinite possibilities that are part and parcel of every life. David accompanies the reader in the discovery of the pathways of transformation for turning these possibilities into a most fulfilling reality.” —Dan Baker, Bestselling author of *What Happy People Know*, *What Happy Women Know*, and *What Happy Companies Know*

About the Author

David J. Pollay, M.A.P.P., is the creator and author of the international phenomenon, *The Law of the Garbage Truck*®, now translated into 12 languages. Pollay is an internationally sought-after speaker whose work has been featured on ABC, NPR, the CW, Univision, and in *Businessweek Small Biz Magazine*, *Business Digest*, the *Chicago Tribune*, the *Los Angeles Times*, and media worldwide. He was a featured speaker at TEDx Delray Beach. Pollay is a founding associate executive director of the International Positive Psychology Association and has held leadership positions at Yahoo!, MasterCard, Global Payments, and AIESEC. He lives in FL with his wife and two daughters. Visit David online at davidpollay.com. For information and resources about *The 3 Promises*, visit the3promises.com.

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