



Positive Intelligence: Summary of the Key Ideas - Original Book by Shirzad Chamine: Why Only 20% of Teams and Individuals Achieve Their True Potential and How You Can Achieve Yours

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Professional success can be achieved by suppressing your mind's saboteurs and letting the sage take over. Raising your positive intelligence quotient is easier than it may seem, all you need to do is to train your brain's PQ muscles in order to feel less stressed and improve your performance, as well as that of people around you.

Who should read this book:

- Anyone interested in finding out more about the positive intelligence quotient and how it can help improve people's lives.
- Leaders who are trying to achieve better team performance and inspire their employees.
- People looking for a way to find meaning in their work and achieve their full potential.

In this summary:

Chapter 1: Determine your positive intelligence quotient and aim to reach 75%

Chapter 2: Turn off your saboteurs and call the sage into action

Chapter 3: Observe your judge and find out what your accomplice saboteur is

Chapter 4: Learn how to turn off the judge when you notice it

Chapter 5: Take on the sage perspective and look at things in a more positive light

Chapter 6: Use the five sage powers to your advantage

Chapter 7: Train your brain muscles with the PQ fitness techniques

Chapter 8: Avoid the negative vortex and get your PQ to flourish

Chapter 9: Pay attention to the other person's PQ level during interactions

Chapter 10: Final Summary

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