


# Up The Mood Elevator: Your Guide to Success Without Stress


By Larry Senn



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Written by Larry Senn- Founder & Chairman of Senn-Delaney: The Culture Shaping Firm, The Mood Elevator is a guide to living life at your best. The Mood Elevator encompasses a wide range of feelings; together these emotions play a major role in defining the quality of our lives as well as our effectiveness. Larry Senn's purpose in writing *Up the Mood Elevator- Living Life at Your Best* is to share some profound principles and fascinating concepts to improve your ride on your own Mood Elevator. That, in turn, will improve your experience of life, enhance your results, build better relationships and create more success with less stress.

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### Editorial Review

#### Review

In "Up the Mood Elevator," Larry Senn has given leaders a remarkably effective tool to harness the power of introspection to focus on what matters most to their organization's success and to help them be their personal best both in and outside of the office. --Gail K. Boudreaux (CEO, UnitedHealthCare)

Larry Senn and the concepts he teaches like the Mood Elevator have had a profound impact on my career, the success of YUM! Brands around the world and on me personally. --David Novak (Chairman & CEO, Yum! Brands and 2012 CEO of the Year)

Larry Senn has had a profound influence on my life through elegant, yet simple principles, now found in "Up the Mood Elevator." Practice the lessons in "Up the Mood Elevator" and the arc of your life will be changed forever...for the better. --Dr. Gordon Gee (President, Ohio State University)

Larry Senn and the concepts he teaches like the Mood Elevator have had a profound impact on my career, the success of YUM! Brands around the world and on me personally. --David Novak (Chairman & CEO, Yum! Brands and 2012 CEO of the Year)

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#### About the Author

Dr. Larry Senn has been called the father of corporate culture for his pioneering research on the topic and for founding the first firm devoted solely to creating healthy high performance cultures. He is the best selling author of *Winning Teams Winning Cultures* and he and his firm have worked with the CEOs of over 100 Fortune 500 companies. He has also worked with Governors of States and US Presidents Cabinet members. Over 1 million people around the world in client organizations have been introduced to the Mood Elevator as part of culture shaping work.

### Users Review

#### From reader reviews:

#### Helen Kingsbury:

In this 21st one hundred year, people become competitive in every single way. By being competitive right now, people have do something to make these people survives, being in the middle of the particular crowded place and notice simply by surrounding. One thing that oftentimes many people have underestimated this for a while is reading. Yep, by reading a reserve your ability to survive increase then having chance to stand than other is high. For you who want to start reading the book, we give you this particular Up The Mood Elevator: Your Guide to Success Without Stress book as basic and daily reading publication. Why, because this book is greater than just a book.

**Karl Schueller:**

Reading a e-book tends to be new life style in this era globalization. With looking at you can get a lot of information that may give you benefit in your life. Along with book everyone in this world can certainly share their idea. Books can also inspire a lot of people. Many author can inspire their particular reader with their story or even their experience. Not only situation that share in the textbooks. But also they write about the knowledge about something that you need instance. How to get the good score toefl, or how to teach children, there are many kinds of book that you can get now. The authors on earth always try to improve their expertise in writing, they also doing some exploration before they write for their book. One of them is this Up The Mood Elevator: Your Guide to Success Without Stress.

**Kathleen King:**

Is it a person who having spare time subsequently spend it whole day by watching television programs or just lying on the bed? Do you need something new? This Up The Mood Elevator: Your Guide to Success Without Stress can be the solution, oh how comes? A fresh book you know. You are therefore out of date, spending your time by reading in this brand-new era is common not a geek activity. So what these guides have than the others?

**Marilyn Oxford:**

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