



The Law of the Garbage Truck: How to Stop People from Dumping on You

By David J. Pollay

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Twenty years ago, while riding in a New York City taxi, international keynote speaker and positive psychology leader David J. Pollay narrowly escaped a life-threatening car crash. The driver who almost caused the accident started yelling at the cab driver, who remarkably just smiled, waved, and wished him well. Pollay asked how the cabbie could remain so calm, and his response sparked the defining principle of *The Law of the Garbage Truck*: *"Many people are like garbage trucks. They run around full of garbage, full of frustration, full of anger, and full of disappointment. . . . And if you let them, they'll dump it on you. So when someone wants to dump on you, don't take it personally . . . move on."*

In this remarkable book, Pollay shows you how to apply his Law to achieve happiness and success in both your personal and professional lives.

Since David published "The Law" in his syndicated newspaper column six years ago, thousands of blogs have posted it, millions more have read it, and organizations worldwide have adopted it. And the numbers keep growing. Translated into nearly 50 languages, people from more than 100 countries have taken David's "No Garbage Trucks! Pledge." All over the world people remember the focusing metaphor of the garbage truck for what can be achieved in life by not staking success and happiness on the behavior of others. Powerful and easily understood, *The Law of the Garbage Truck* guides and inspires readers everywhere, every day.

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The Law of the Garbage Truck: How to Stop People from Dumping on You By David J. Pollay Bibliography

- Sales Rank: #26128 in Books
- Published on: 2012-09-04
- Original language: English
- Number of items: 1
- Dimensions: 8.25" h x 5.50" w x .75" l, .74 pounds
- Binding: Paperback
- 256 pages

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Editorial Review

From Publishers Weekly

We've heard them called toxic people, but Pollay, syndicated columnist, blogger, and speaker, has labeled all the negative people in our lives, whether family, friends, or colleagues, "dumpers," and offers a fresh self-help guide to deal with them all. Pollay differentiates dumping from venting, which he describes as leaving people burdened by your problems, rather than helping them to understand them. Pollay structures his effort around eight "commitments," all beginning with "do" and including "Avoid Becoming Someone Else's Garbage Truck," "Let Your Own Garbage Trucks Pass You By," and "Declare Your Life a No-Garbage Trucks! Zone." A troika of mid-book quizzes help readers discern their GAL, or Garbage Accepting Load, and where they fall on the "Acceptor" and "Dumper" scale, and "action guide" prompts end chapters (he urges readers to keep a pen in hand). Also included is research from experts in biology, neurology, and other sciences, and case studies of people who have put his philosophies into practice. Though the ease with which he believes his advice might be implemented can sound naive, he deserves kudos for taking a relatively nascent metaphor and expanding upon it admirably. (Oct.)

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Review

We've heard them called toxic people, but Pollay, syndicated columnist, blogger, and speaker, has labeled all the negative people in our lives, whether family, friends, or colleagues, "dumpers," and offers a fresh self-help guide to deal with them all. Pollay differentiates dumping from venting, which he describes as leaving people burdened by your problems, rather than helping them to understand them. Pollay structures his effort around eight "commitments," all beginning with "do" and including "Avoid Becoming Someone Else's Garbage Truck," "Let Your Own Garbage Trucks Pass You By," and "Declare Your Life a No-Garbage Trucks! Zone." A troika of mid-book quizzes help readers discern their GAL, or Garbage Accepting Load, and where they fall on the "Acceptor" and "Dumper" scale, and "action guide" prompts end chapters (he urges readers to keep a pen in hand). Also included is research from experts in biology, neurology, and other sciences, and case studies of people who have put his philosophies into practice. Though the ease with which he believes his advice might be implemented can sound naive, he deserves kudos for taking a relatively nascent metaphor and expanding upon it admirably. (Oct.) (c) Copyright PWxyz, LLC. All rights reserved. -- Publishers Weekly

The Law of the Garbage Truck is smart, fun, and powerful. --Gretchen Rubin, #1 New York Times bestselling author of The Happiness Project

David J. Pollay's The Law of the Garbage Truck stands out from the hundreds of how-to-live-your-life books: It is backed by the best current research on happiness and well-being . . . readers who seriously commit to these principles will find their lives, their work, and their relationships enriched. --Raymond D. Fowler, former President of the American Psychological Association

Praise for David J. Pollay and The Law of the Garbage Truck

The message will stay with you for decades to come.

—Tom Rath, #1 New York Times bestselling author of How Full Is Your Bucket? and best-sellers Strengthsfinder 2.0 and Wellbeing

The Law of the Garbage Truck is smart, fun, and powerful.

—Gretchen Rubin, #1 New York Times bestselling author of *The Happiness Project*

David J. Pollay ...addresses the question on the forefront of everyone's mind: "It's hard enough managing my own happiness, but how do I deal with the negative people in my life?" This compelling and practical volume provides the best answer I've seen yet.

—Barbara L. Fredrickson, Kenan Distinguished Professor of Psychology, University of North Carolina - Chapel Hill and author of *Positivity*

This book will immediately and profoundly change the way you interact with the world ... I recommend it highly.

—Keith Ferrazzi, #1 New York Times bestselling author of *Who's Got Your Back* and *Never Eat Alone*

David J. Pollay effortlessly distills the science of well-being into a simple, memorable formula for achieving a life lived authentically and happily.

—Sonja Lyubomirsky, Professor of Psychology, University of California, Riverside and author of *The How of Happiness*

The Law of the Garbage Truck is a profound, practical, and personal book that shows how to keep the garbage in our lives at bay so we can enjoy inner peace and happiness.

—Jerry Jampolsky M.D., founder of the International Center for Attitudinal Healing, and author of fifteen best selling books, including *Love is Letting Go of Fear*

The Law of the Garbage Truck ... gives us the motivation to stay on track, achieve our goals, and—best of all—be happy!

—Nido R. Qubein, President of High Point University and Chairman of Great Harvest Bread Company

There's a simple reason why David J. Pollay's "No Garbage Trucks! Pledge has been translated into 48 languages, and people from more than 100 countries have taken it": It works! Start living a better life now!

—Nick Morgan, President of Public Words, and author of *Trust Me: Four Steps to Authenticity and Charisma*

Follow Pollay's powerful recommendations ... and you'll develop positive habits of happiness.

—Ed Diener, Joseph R. Smiley Distinguished Professor of Psychology, University of Illinois, coauthor (with Robert Biswas-Diener) of *Happiness: Unlocking the Mysteries of Psychological Wealth*

One of the best books I've read in years ... you'll want everyone you care about to read *The Law of the Garbage Truck*.

—Yakov Smirnoff, America's Funniest Russian Comedian, and Professor at Missouri State University

As a Yahoo!, David was a one man "No Garbage Zone" of positive attitude and good business results. This honest and generous book will show you how to be one too.

—Tim Sanders, former Chief Solutions Officer at Yahoo! and author of *Love Is the Killer App: How To Win Business and Influence Friends*

This enjoyable, fast-moving book shows you how to forget about past events you cannot change, and focus on creating an unlimited future for yourself.

—Brian Tracy, author, 55 books/38 languages

Like a great coach, David J. Pollay offers a powerful game plan for success in life and sports.

—Jeff Conine, Major League Baseball All-Star and two-time World Series winner

How you interact with the world is a choice. You can get dumped on (and do some dumping). Or you can enjoy life. It's your decision and David J. Pollay will show you how to make it.

—David Meerman Scott, best-selling author of *The New Rules of Marketing & PR*

A MUST READ for business leaders today. I have handed out copies of *The Law of the Garbage Truck* to my colleagues and team members.

—Frank Sui, Partner, Deloitte Consulting LLP

I want every principal, teacher, and parent to read *The Law of the Garbage Truck*. This brilliant book shows us how to give our best to our children every day, and to each other.

—Tammy Ferguson, North Area Director of School Accountability, Palm Beach County School District

The universality of this spiritual message goes beyond all borders and unites all of us in a single mission to be kind and compassionate to all people.

—Reverend Linda Mobley, Cason United Methodist Church of Delray Beach

In reading *The Law of the Garbage Truck*, I was reminded of the teachings of the Dalai Lama. Many of David J. Pollay's insightful observations and helpful recommendations are rooted in the time honored principles of Buddhism.

—Dale Smith, Head of School, Pine Crest School

David J. Pollay has written a superb and deeply spiritual book. *The Law of the Garbage Truck* instructs us to cleanse our spirits . . . and invites us to pursue a deep introspection in a way that inspires us to want to make more of our lives.

—Rabbi Daniel Levin, Temple Beth El of Boca Raton

David J. Pollay's *The Law of the Garbage Truck* stands out from the hundreds of how-to-live-your-life books: It is backed by the best current research on happiness and well-being . . . readers who seriously commit to these principles will find their lives, their work, and their relationships enriched.

—Raymond D. Fowler, former President of the American Psychological Association

About the Author

David J. Pollay, BA, MAPP, is an internationally sought-after keynote speaker and seminar leader whose work has been featured on NPR, ABC, Univision, Sirius, *BusinessWeek Small Biz Magazine*, the *Baltimore Sun*, *Business Digest*, the *Chicago Tribune*, the *Los Angeles Times*, and in media worldwide. People from more than 100 countries have embraced Pollay's *The Law of the Garbage Truck*™. He is a founding associate executive director of the International Positive Psychology Association. He has held leadership positions at Yahoo!, MasterCard, Global Payments, and AIESEC. Pollay holds a master's degree of applied positive psychology (MAPP) from the University of Pennsylvania and a bachelor's degree in economics from Yale University. He lives in Florida with his wife and two daughters.

Users Review

From reader reviews:

Bryan Smith:

This The Law of the Garbage Truck: How to Stop People from Dumping on You book is not ordinary book, you have after that it the world is in your hands. The benefit you have by reading this book is information inside this guide incredible fresh, you will get information which is getting deeper you actually read a lot of information you will get. This particular The Law of the Garbage Truck: How to Stop People from Dumping on You without we recognize teach the one who looking at it become critical in pondering and analyzing. Don't possibly be worry The Law of the Garbage Truck: How to Stop People from Dumping on You can bring if you are and not make your bag space or bookshelves' come to be full because you can have it in the lovely laptop even cell phone. This The Law of the Garbage Truck: How to Stop People from Dumping on You having fine arrangement in word and also layout, so you will not truly feel uninterested in reading.

Curtis Tyson:

Often the book The Law of the Garbage Truck: How to Stop People from Dumping on You will bring that you the new experience of reading a book. The author style to describe the idea is very unique. If you try to find new book to learn, this book very ideal to you. The book The Law of the Garbage Truck: How to Stop People from Dumping on You is much recommended to you to see. You can also get the e-book from your official web site, so you can more readily to read the book.

Evelyn Roberts:

Playing with family inside a park, coming to see the sea world or hanging out with pals is thing that usually you might have done when you have spare time, and then why you don't try point that really opposite from that. One particular activity that make you not experience tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of knowledge. Even you love The Law of the Garbage Truck: How to Stop People from Dumping on You, it is possible to enjoy both. It is good combination right, you still would like to miss it? What kind of hang type is it? Oh come on its mind hangout folks. What? Still don't obtain it, oh come on its identified as reading friends.

Agatha Draper:

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