



Surprise: Embrace the Unpredictable and Engineer the Unexpected

Tania Luna , Lee Ann Renninger

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Surprise: Embrace the Unpredictable and Engineer the Unexpected is a fascinating look at how we can handle and harness surprise in our work, relationships, and everyday lives.

Pop Quiz!

Do you prefer when:

- A) Things go according to plan?
- B) When the unexpected happens?

Most of us pick control and predictability. Yet research reveals a counterintuitive truth: surprise is the key that unlocks growth, innovation, and connection. It is also the secret ingredient in our best memories.

Through colorful narratives and compelling scientific findings, authors Tania Luna and Dr. LeeAnn Renninger shine a light on the world's least understood and most intriguing emotion. They reveal how shifting our perception of surprise lets us thrive in the face of uncertainty. And they show us how surprise acts as a shortcut that turns a typical product into a meaningful experience, a good idea into a viral one, awkward small talk into engaging conversation, and daily life into an adventure.

Surprise: Embrace the Unpredictable and Engineer the Unexpected Details

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Amanda says

To be honest, i only half read it. I skimmed it and then stopped halfway through. It wasn't engaging enough. Last week I read "The Power of Moments," which I found very engaging and relevant, and I got the name of this book from a list of recommended reading at the end of that book, thinking this would expand on the great ideas I was getting from the moments book. Skip this book and read "The Power of Moments."

Tracy108 says

Good information and a cute format.

Brendan says

A quick read, if you can get yourself to focus on it. I however, had to come back and forth to it. I enjoyed it, but it never quite drew me in to make it the book I wanted to be reading more than other books. It's half narrative non-fiction, half self-help book. I liked a lot of the ideas put forth in this book. There are lots of things that I want to try for myself and ideas that I want to implement in groups I work with in the future.

My complaints were that there seemed to be stories that weren't "finished". The circumstances were brought up to illustrate a point, but the story that got the interest of the reader wasn't completed. Also, sometimes it felt like the end of the chapter came out of nowhere.

Jenneffer says

My best friend recommended that I read this book, and at first I thought, "hmm, I am already good at surprise and finding interesting things in everyday, but ok, I'll try it." The design of the book is modern, attractive, cute. the idea is pretty intriguing. The best part, however, are the last two chapters, "cultivate relationships, " and "surprise yourself." These ladies offer real advice in the form of specific exercises you can do to transform your day, your outlook, even, they boast, your world. The authors are surprisingly candid, sharing personal journeys from depression to joy and surprise, which validates their claims, and makes me, a real person, be able to connect to the ideas and suggestions they posit.

"When we are surprised we feel deeply connected and thoroughly alive. Surprising ourselves every day is a vital part of living a happy life." As someone who is constantly seeking to keep depression at bay, to appreciate the little things, to practice a healthy lifestyle, to be grateful for all the blessings in my life, I never considered surprise to be such a vital element. I can certainly practice this in the workplace, both with colleagues and serving patrons. I will be happy to be the most surprising librarian in someone's life!

Stien says

I haven't finished this book yet, so when I'm done I'll decide between 4 or 5 stars.

It was obvious from the start that I would love it since I love feeling surprised, but I think this book could be just as valuable - or even more so - for those who hate not knowing what's coming or stress over having to adapt to new situations. Surprise will help you deal with the unpredictable and incorporate the beauty of the unexpected to make daily life feel more fulfilling.

Enjoyment of life radiates from the book and it's contagious and makes me want to wonder more.

Oh! Also not unimportant: the book is pretty! The illustrations, fonts, layout, all very playful.

Russell Chamberlain says

Interesting insights

Kimberly Porter says

OH my GOODNESS! I LOVED this book! I smiled my way through it! The book is filled with gems and insights that are applicable to ANYONE - but especially to creatives, teachers, faith sojourners, team leaders, & life partners! I wish I could just download the book into my BRAIN! Thank you, Tania & Leeann, for writing this.

Jon says

I wanted this to be good. I did. But it's not. There isn't enough neurology in it to be science book. There aren't enough solid examples in it to be a how-to manual. It's sort of a wishy washy mess that can be summed up in the words, "Maybe you could somehow add a little more surprise to your life because it makes things, well, better." It's an overly long blog post and a total waste of what little time it takes to read.

p. 7: blank page with the words "The End" in the middle. Page 8 then seriously asked if the reader is surprised.

What the hell? The book is over? NO WAY! How could I possibly know that this book was 8 pages long? I can't possibly *feel* that this book is more than 8 pages thick. Oh, wait, yes I can. #crappysurprise

p. 123 "Dog dog dog dog dog dog dog cat dog dog dog dog dog dog dog. Even if you are a dog lover, we bet the cat in the previous sentence got your attention."

What? There was a cat in that pattern? Huh. I guess I might've noticed, if I didn't skip the entire line after the second "dog." #crappyexample

p 198." One of our first clients...wanted a surprise for her Husband, Hamel, to help him face his fear of heights...Of course we can't reveal the surprise we arranged for the couple, but we can tell you that it took Kavita and Hamel several stories off the ground."

Great fucking story, Uncle Remus. Here's another. I worked in chronic hospital in the middle of Boston Harbor that had been built as a homeless shelter in the 1800s. I'd love to tell you some of the things I witnessed in the depths of those brick basements, but of course I can't. #crappyexample

It is no surprise that this book is a fairly transparent advertisement for a company the authors run to bring surprise into people's lives for pay. If you're related to them or maybe want to hire them, read this book. You'll enjoy it. The rest of us can safely pass.

Steve Weber says

Surprise was a personal development book I stumbled upon in a "recommended if you like" section of related books to Chip & Dan Heath's The Power of Moments. I think there is something all of us can do to enrich our lives and interactions with others, so why not read up to learn more about how? I found this book to be an excellent guide to embracing and creating surprise. It covers surprise in all aspects of life from relationships to business. It includes memorable cheat sheets at the end of each chapter to help reinforce what you'll learn. If this sounds interesting, I highly recommend this one.
