

# [GET] Thanks for the Feedback: The Science and Art of Receiving Feedback Well

NEW YORK TIMES BESTSELLER



**Douglas Stone & Sheila Heen**

*of the Harvard Negotiation Project and coauthors of*

**DIFFICULT CONVERSATIONS**

## Thanks for the Feedback

THE SCIENCE AND ART OF  
RECEIVING FEEDBACK WELL 

*\*even when it is off base, unfair, poorly delivered,  
and, frankly, you're not in the mood*

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The coauthors of the New York Times bestselling *Difficult Conversations* take on the toughest topic of all: how we see ourselves. Douglas Stone and Sheila Heen have spent the past fifteen years working with corporations, nonprofits, governments, and families to determine what helps us learn and what gets in our way. In *Thanks for the Feedback*, they explain why receiving feedback is so crucial yet so challenging, offering a simple framework and powerful tools to help us take on life's blizzard of offhand comments, annual evaluations, and unsolicited input with curiosity and grace. They blend the latest insights from neuroscience and psychology with practical, hard-headed advice. *Thanks for the Feedback* is destined to become a classic in the fields of leadership, organizational behavior, and education.

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