



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

*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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