



"When we assemble the full line-up of negative emotions – sadness standing next to contempt perched beside guilt – one emerges as both the most pervasive and most powerful. Regret."

"When we handle it properly, regret can make us better."

"Regret is better understood less as a thing and more as a process."

"If we know what we truly regret we know what we truly value."

Regret, that maddening, perplexing, and undeniably real emotion – points the way to a life well lived."

Excerpts from *The Power of Regret: How Looking Backward Moves Us Forward*
by Daniel H. Pink