



The Power of TED (*The Empowerment Dynamic)

David Emerald

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Witness one person's transformation from Victim to Creator in this easy-to-read fable! Meet three remarkable characters: TED*, mysterious teacher of The Empowerment Dynamic; David, a normal guy grappling with his all-too-human experience; and Sophia, TED*'s student who shares what she has learned. It's a walk on the beach that will touch and transform every part of your life. The revised & updated edition includes a new preface; expanded content; and an appendix which overviews the frameworks and concepts contained in the story.

The Power of TED (*The Empowerment Dynamic) Details

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Author : David Emerald

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From Reader Review The Power of TED (*The Empowerment Dynamic) for online ebook

Selene says

This handy manual is written as a story of a man who encounters Ted (and later Sophia) along the beach. He's in a full-blown life crisis, and Ted explains the concept of TED (The Empowerment Dynamic), which is the antidote to the DDT (Dreaded Drama Triangle). Unfortunately, many of us go through life as victims rather than creators. This book explains these concepts thoroughly, and encourages us to examine how we might shift our thinking to improve our relationships, careers, and everything else in life.

The book has a handy "CliffsNotes" version of each concept in the appendix, as well as some suggested reading based on what the author used as inspiration for this book. Some might find the parable/fable style of writing a little cheesy or melodramatic, but it does the job of explaining the concepts in a succinct and easy to understand manner. This little text would be useful for just about anyone.

Terri Shannon-Renfro says

I loved this book! Be forewarned this book is written in a narrative style. In the beginning I kept expecting them to reveal someone as an angel or alien! Yes I guess a story format makes it more interesting to the casual reader. At times I wish I could have had a cliff notes or outline format to cut to the chase. The principles were so powerful and I'd been introduced to them in short form not narrative and really wanted to cement them in my memory and the story packed a lot of words around the principles that seemed distracting at times. This is why I give four stars. The principles and potential for life transformation are 5 stars, the telling of the tale is less for me. It could be tempting for some to read the book and feel it's completely an attraction concept (ala The Secret) but I see it as much more and useful for even those who find the attraction view as oversimplified hooey. Please don't reduce these concepts to fiction. They are powerful and potentially life changing. I use the principles in my coaching work often and am working to use them daily in my own life. To shift perspective from the Drama Triangle where I am a victim, persecutor or rescuer to The Empowerment Dynamic of creator/co-creator, coach, challenger.

Lisa Hallman says

There is a lot to think about after reading the power of TED.

Ted in this book is a person and a reference to what David Emerald calls The Empowerment Dynamic. This book challenges how we view what happens in our life and helps us change how we react by changing how we perceive the events and people in our lives.

Mostly the focus is on how we can stop viewing ourselves as victims and convert ourselves to creators. The drama triangle contains three types behaviors, victim, rescuer and persecutor.

This book explains how to flip the switch from the drama triangle to a more empowering one. You switch

the role of victim to creator, from rescuer to coach and from persecutor to challenger.

The book, through a story explains the process using the characters. David, Ted and Sophia with their various stories about their personal lives and how TED changes their lives.

This book is highly readable, but to get the most from it you will need to actually go through it more than once. There are a lot of concepts that need to be re-read to be fully understood.

If you are a person who feels like life took a dump on you, this book might very well help you through.

Tara Lofley says

My husband and I read this book out loud together so we could apply the principles together. We've had fun joking around about turning all things into acronyms. And the information contained in the book really is brief enough I believe it could easily fit in a 10 page pamphlet. But my husband liked the beach scenario.

Dawn Ellis says

I don't know why I continue to read these silly things-except managers seem to be into this nonsense.

Elizabeth says

Game changer.

Cerisa Reynolds says

There are people in my life that have found this to be a transformative book/dynamic, but for me, the "part autobiography and part fiction" approach the author took minimized some of the dynamic's power. I would have preferred less fiction and more details of how one can actually implement the creator approach.

Rick Yvanovich says

On my coaching journey I look out for ideas / concepts that are new to me. Since I'm at the start of my journey and know little there is a lot to learn. Last week I was reading a book on VUCA and that's where I came across some new coaching concepts such as Equine Coaching and of course TED* - yes its a clever name as its not about the TED talks but something else as impactful.

I'd never heard about the Power of TED* nor the DDT and its a great discovery and I wonder why its not more popularly known.

Its a great read and to know there is a tool to cope with DDT, that is compelling.

Brian Johnson says

“Your life is a kind of laboratory where you’re constantly experimenting with your own higher knowing, always increasing your capacity to design the life you choose. Human beings must create; it’s hardwired. The question is, are you consciously creating or only sleepwalking through your human life?”

“When you inhabit any of these three roles, you’re reacting to fear of victimhood, loss of control, or loss of purpose. You’re always looking outside yourself, to the people and circumstances of life, for a sense of safety, security, and sanity.”

“These people are often authoritarian and rigid in their views, exerting power over others in an effort to keep others from having power over them. Persecutors may act grandiose and self righteous to mask their own insecurity.”

~ David Emerald, Author of The Power of TED*

TED's your friend.

Seriously.

David Emerald's simple, powerful fable, The Power of TED*, (featuring his uber-wise character, TED) is a life changing kinda book.

There are two (very) different orientations from which we can choose to live: Victim and Creator. One'll land you in the Dreaded Drama Triangle (DDT) and the other'll place you squarely where you want to be: in The Empowerment Dynamic (TED).

Here are some of the Big Ideas:

1. Dreaded Drama Triangle - It's poisoning us!
2. The Victim - Requires a Persecutor.
3. The Persecutor - Requires a Victim.
4. The Rescuer - Saves the Victim!
5. The Antidote to DDT - The Empowerment Dynamic (TED*)!

Here's to living these questions and Creating our ideal lives.

Here's my video review:

<https://www.youtube.com/watch?v=t5hSa...>

And click here to find 250+ more of my reviews:

<http://bit.ly/BrianReviews>

Brian

Rebecca says

Read Harder 2019: Business Book

1.5 stars rounded down. I hated the fable format of this book. It felt shallowly executed yet also too verbose. There are a few good ideas in this book (thus the 1/2 star), but they are better written in MANY other books. I skimmed to the end to finish reading for a bookclub.

Amanda McLellan says

Quick read, good message

Good message told in a bit of a gimmicky parable. People who identify as spiritual may enjoy very much. Worth a read, but I wouldn't expect miracles.

Larry McCloskey says

The Empowerment Dynamic is about taking ownership of your life, specifically through the way you frame your life and your focus. So the book is a bit derivative – this isn't a groundbreaking concept. But David Emerald's work has captured the imagination of many – and frankly, I don't see why.

The author offers this book as "part autobiography and part fiction". That isn't typically what I look for in a self-help book. Instead of introducing a new paradigm for visualizing success or happiness in one's life, this is a trite explanation (not exploration) of a pretty general concept. The reader isn't walked through a system of thoughts, but instead is basically told to choose to be happy. The tone is juvenile and often condescending and the details are lacking; this book offers little insight on how to apply the concepts and reads as if the intended audience was troubled adolescents. Lip service is paid to the difference between choosing to be a victim and actually being victimized, but the commentary seems to be that it is still up to you to choose whether or not to be happy with your lot in life, even when circumstances beyond your control do render you powerless.

After promising a paradigm-shift, we instead get platitudes and a pretty amateurish delivery that makes the whole thing seem overly contrived and sickly sweet. The constant repetition of the Dreaded Drama Triangle and the roles of that and TED (The Empowerment Dynamic) become annoying in their smarmy triteness and start sounding more and more like a cult mantra, leaning more toward indoctrination than any self-actualization. If you are really in a place where you want to feel better about your life and relationships and are ready to make a change, go read "Getting to Yes" or something, instead. This was 160 pages that I had already seen pretty well summarized in a ten minute Powerpoint presentation.

Francoise Hontoy says

In this story Emerald describes how the main actor David learns to create a turnaround in his behavior and thus his way of life. The method used is based on the Drama Triangle first described by Stephen Karpman and puts it into a perspective of an empowerment triangle. His use of the DDT (Dreaded Drama Triangle) makes the Drama Triangle easily applicable to everyday life without the need of an in depth understanding of Transactional Analysis (even if it remains useful) and disconnects the triangle from transactions with others. The DDT applies to the way we act with ourselves as well as in relationship with others. Following the empowerment dynamic one has three new roles available which contrast the ones from the Drama Triangle. The Creator (vs. Victim), The Challenger (vs. Persecutor) and the Coach (vs. Rescuer) thus also showing how to act positively in relationship with others. Delimiting Roles like that makes both sides easier to grasp and allows for better choices.

Taylor Ellwood says

In this intriguing book, The author explores the Drama triangle that many people find themselves in and offers an alternative, The Empowerment Dynamic. He shows how the drama triangle disempowers people and creates a lot of drama because of the conflict generated in it. With the Empowerment Dynamic, the author shows you how to claim the role of creator and change your relationship with yourself and other people by choosing how you approach situations. I found this book to be insightful in terms of recognizing ways I've disempowered myself and been a victim. Implementing the concepts in this book helped me start making changes that have benefited my relationships and business. It's a short and powerful book that will change your life.

Khaye says

This little book is truly a gem and was recommended to me at a point where I felt I really needed some enlightenment and reassurance to take charge of my own life. To once again continue going after all it is that I really want. Although the concepts explained are simplistic and seem like common sense, it was carefully organized to help me think clearer on my present situation and take in what I need to in terms of empowering myself as a person. I have been through many situations that have made different circumstances feel like a wild roller coaster ride full of different emotions. But, it's when I get my hands on books like these that I am able to reflect on the past a little deeper on a personal level. Rather than thinking of those situations as "problems" and "mistakes" I've come to a better understanding of the knowledge I've actually gained from simple lessons learned. I wasn't sure how much I'd enjoy the plot being told as a fable, but it really made it quite enjoyable as I found myself being in conversation with a group of friends throughout. Yes, all of us, as human beings find ourselves "sleepwalking" and victimized or persecuting others in our daily lives from time to time. It's only natural. But it's our ability to become resilient and stand up for ourselves that can set ourselves apart and make the world a much better place. I love this concept. Overall, this book is definitely a nice light read and I'd highly recommend it to anyone.
