



The Law of the Garbage Truck: How to Respond to People Who Dump on You, and How to Stop Dumping on Others

David J. Pollay

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Twenty years ago, while riding in the back of a New York City taxicab, syndicated columnist and business consultant David J. Pollay had an awakening-and he converted the lesson he learned that day into a life philosophy: By letting other people's "garbage"-their negativity-simply "pass by," and not dumping garbage on others, you can become happier and more successful, both personally and professionally. Since David published the "Law" in his newspaper column three years ago, more than 1,000 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* will guide and inspire readers everywhere, every day.

The Law of the Garbage Truck: How to Respond to People Who Dump on You, and How to Stop Dumping on Others Details

Date : Published October 5th 2010 by Sterling (first published September 13th 2010)

ISBN : 9781402776649

Author : David J. Pollay

Format : Hardcover 244 pages

Genre : Self Help, Nonfiction, Personal Development, Spirituality, Audiobook

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From Reader Review The Law of the Garbage Truck: How to Respond to People Who Dump on You, and How to Stop Dumping on Others for online ebook

Jill says

Read a review at work.....I'm someone who's severely affected by other people's garbage.

Debbie says

Love this book! David Pollay helps get rid of the garbage in everyone's life! He doesn't leave us with an empty space, but provides ways to bring more good things to our lives.

Ph??ng Th?o says

?? 4 sao ch?c là còn có gì ?ó ?u ái cho cu?n sách này. Nh?ng c?ng ?úng thôi, nó c?ng chi?m ???c khá nhi?u thi?n c?m. Lúc nh?n mình c?ng khá b?t ng? vì cu?n sách h?i nh?. Nh?ng giá tr?, n?i dung truy?n t?i thì l?i không h? nh? ? ?i?m c?ng l?n c?a cu?n sách này có l? là hình ?nh ví von h?t s?c thú v?. Nh?ng ?i?m tr? theo mình ch?c có l? là n?m ? "n?ng l??ng tích c?c" mà cu?n sách mu?n truy?n t?i. Không ph?i trong b?t kì tr??ng h?p nào ta c?ng nên l?c quan. Ch?ng ph?i có câu nói: ng??i bi quan s?ng lâu hay sao? Dù sao ?i?m tr? này là theo cá nhân, còn l?i ?ây v?n là m?t cu?n sách ?áng ??c, ?áng mang theo bên ng??i

Megan says

The premise is user friendly; the stories are interesting. I thought the placement of the quizzes should have been earlier; however, overall Pollay gets high marks... Too many garbage trucks in life; this book gives you a way to counteract the crapola!!!

AleksandarOvnarski says

I have no idea why I decided to read this one, maybe it was just some self-serving cognitive bias at play; I also have no idea what I expected from the book (maybe angry humor?) Instead , you get one metaphor over and over again until you put it down; I really don't like saying bad things about books in general, and maybe I'm not the targeted audience, but still...it's boring and bland and a hundred pages longer than it needs to be. We get it - some people are like garbage trucks; don't write a whole book about it. Also, garbage trucks are rather useful and don't really deserve the comparison.

Janet Jones says

Gives an intriguing view of dealing with other people's concerns (their garbage) which could have a negative impact if taken on board. Thought provoking.

Kathy Moody says

A positive reinforcement on healthy relationships.. basic principles.. I do not accept garbage in my life, When I see garbage trucks, I do not take them personally, I just smile, I wave, I wish them well and I move on.. I do not spread garbage to others and Let my own garbage trucks also pass me by.. don't dump on myself. Great communication/people skill book. Lots of good stories that show good relationships..

Toàn Khôi says

H?nh phúc không ? ngoài t?m tay. Phép l?ch s? không h? m?t.

Cam k?t nói không v?i "xe rác" khi?n cho h?nh phúc và phép l?ch s? tr? thành hi?n th?c. ?i?u này h? tr? ?i?u kia trong m?t vòng tròn khép kín.

B?n có d? b? tác ??ng b?i cách hành x? c?a ng??i khác không? Li?u m?t tài x? taxi ch?y ?u, ng??i ph?c v? bàn thô l?, ng??i qu?n lý nóng n?y hay m?t ??ng nghi?p vô ý có phá h?ng m?t ngày t?t ??p c?a b?n không? Tr? khi b?n là m?t c? máy, n?u không h?n b?n s? b? s?c. Tuy v?y, kh? n?ng thành công c?a b?n ph? thu?c vào vi?c b?n có bi?t cách nhanh chóng t?p trung vào nh?ng m?c tiêu quan tr?ng c?a mình và b? qua nh?ng r?c r?i v?n v?t hay không.

“Có nh?ng ng??i gi?ng nh? “chi?c xe rác” v?y: h? ch?a trong mình ??y “rác r??i” - s? th?t v?ng, t?c gi?n và chán n?n. Và t?t nhiên, h? ph?i tìm ch? ?? trút b? m? rác r??i ?ó. N?u th?y h? trút lên b?n thì b?n ??ng ?ón nh?n. Hãy m?m c??i, v?y chào, chúc h? vui, r?i ti?p t?c công vi?c c?a mình. C? tin tôi ?i, r?i b?n s? th?y h?nh phúc h?n.”

Câu nói trên c?a m?t ng??i lái taxi ?ã khi?n David J.Pollay n?y sinh ý t??ng ?? vi?t nên “Bài h?c di?u k? t? chi?c xe rác”. Thông qua cu?n sách này, b?n s? h?c ???c cách vô hi?u hóa “nh?ng chi?c xe rác”, không b? nh?ng nguyên nhân v?n v?t c?n tr? con ???ng hoàn thi?n b?n thân, b? qua nh?ng ?i?u tiêu c?c n?m ngoài t?m ki?m soát và tr?n tr?ng nh?ng gì t?t ??p ?ang hi?n h?u tr??c m?t.

<https://www.firstnews.com.vn/vi/tac-p...>

Gisela Hausmann says

Anybody who has read more than three self help books won't find anything new in this book.

All of us know that we are not supposed to "dump" our problems on others, and that we should not accept that others keep dumping their problems on us. All of us also know that there are people who have achieved

mastery in this type of dumping.

Still, on the plus side this book offers one of the most powerful pictures about everything that's related to problems. It's kind of hard to say, "Ghee, leave me alone with your problems, you are doing this all the time." It's also hard to stop doing this ourselves. But, at least I believe that if we don't think of these issues as "dealing with issues" but as "dumping garbage" it may get a lot easier for us to find solutions to these situations.

Congratulations to David Pollay for coming up with this incredibly powerful visual ("dump truck")

Others have complained that this book is repetitive and in a way it is. This was the writing style of that time. In 2010 repetition was the name the game if you wanted to teach anything. I am wondering why this book does not get updated and revised, fitting to the style of 2016. Since all of us are used to reading blogs of 800 to 1200 words, clearly this writing style is hopelessly outdated.

Most impressive in this book: David Pollay tells of his experiences when working at Global Payment Systems Atlanta, and how he was the man who got hired to a) tell all employees that they would get laid off, b) get them "excited" to train the new staff for the center in St. Louis and to transition. This was a yucky situation, regardless on which side you were. Really, I don't think that anybody would want to tackle this task but Pollay did. He also tells that succeeding with this endeavor laid the foundation for him becoming Yahoo's first director of Customer Care. It is a riveting story and I think this book would benefit greatly if Pollay not only added more of these types of stories but also expounded on them.

also, the various "Action Guides" are completely outdated. Today, we are used to dynamic online conferences, so whatever Pollay presents here needs to go beyond 1) asking a question and 2) encouraging readers to write down solutions.

All in all a very interesting book which could benefit from updating the book to a more dynamic concept.

4 Stars,

Gisela Hausmann, author & blogger

Andy says

Offensive to garbage truck drivers.

The premise of this book is that many of us are too stressed out too much of the time and need a simple easy method to cope with bad things that happen every day. The gimmick of the book is to use the garbage truck as a metaphor for grumpy people and other sources of badness in life.

The garbage truck is referred to hundreds of times as something that runs over people and dumps garbage on them. I don't know where the author lives, but in my neighborhood the garbage truck driver takes garbage away and tries really hard not to run over people. Even the publisher's blurb here on Goodreads points out the book's inanity by noting that negativity is like a "garbage strike," i.e. the absence of garbage trucks. The gibberish about garbage trucks is completely baseless. The personal anecdote that the the whole book is based on is about a taxi cab driver; it does not even involve a garbage truck. There is just no reason for The Law of the Garbage Truck.

Helping people to be less stressed out is a good idea. But this adds nothing new in terms of content, so the only plus-value is from the garbage-truck analogy, which is complete garbage.

If you think it will help you to read the words "garbage truck" a thousand times for no particular reason, then this is the book for you. Otherwise, to get the same content without the incessant nonsense one could read many authors from Dale Carnegie to Stephen Covey to Kabat-Zinn to Lao Tzu, or any of the many books on modern happiness research.

Minh Huong says

Cu?n sách ng?n, cô ??ng v? vi?c làm th? nào lo?i b? nh?ng phi?n toái, n?ng l??ng tiêu c?c hàng ngày (-??c tác gi? ví v?i hình ?nh "xe rác"); làm th? nào ?? s?ng tích c?c, t?p trung vào ?i?u quan tr?ng và lan to?, t?o m?t c?ng ??ng không "xe rác".

Th?c s? mình r?t thích cách vi?t ng?n g?n, cô ??ng, nh?ng v?n ch?a tr?i nghi?m s?ng trong ?ó. Cách hình ?nh hoá "xe rác" r?t thú v?, d? nh?.

Rõ ràng là trong cu?c s?ng ngày nay, chúng ta s? g?p ko ít "xe rác" tr cu?c s?ng hàng ngày (nh?ng ?i?u mình ko ?a, nh?ng hành vi ch?a ?úng, hay nh?ng b?t mãn xã h?i...). Tuy nhiên, ?ó là ?i?u chúng ta ko th? thay ??i; và n?u nh? chúng ta c? t?p trung vào nx ?i?m tiêu c?c ?ó, ?? phàn nàn, chúng ta ?ang b? chúng ?nh h??ng, và chúng ta s? t? bi?n mình thành m?t chi?c "xe rác" mà ko hay; và chính ta l?i bi?n nh?ng ng thân yêu, môi tr??ng xung quanh tr? nên ??c h?i h?n ...

R?t nhi?u ý hay mà tôi ?ã thu nh?n ?c cho b?n thân. Quote l?i ?ây ?? t? nh?c nh? mình:

"??ng m?t công tranh cãi ng??i t?t ph?i là ng??i nh? th? nào, mà hãy tr? thành m?t trong s? ?ó. "

"Ko còn b? ?è n?ng b?i "rác r??i" x?u xa kia, b?n tr? nên t? do. ?e t?n h??ng cu?c s?ng t?ng ngày. ?? yêu th??ng và ch?m sóc nx ng??i th?c s? có ý ngh?a v?i b?n. Và ?? t?p trung vào nh?ng m?c tiêu quan tr?ng tr ??i b?n."

"Tôi ko ch?p nh?n rác r??i trong cu?c s?ng c?a mình.

Khi g?p ph?i nh?ng chi?c xe rác, tôi ko ch?u ??ng.

Tôi ch? m?m c??i, v?y chào, chúc t?t lành và ti?p t?c ti?n lên.

Và tôi ko ném rác r??i vào nh?ng ng??i khác.

Tôi ko ph?i là chi?c xe rác!

Tôi ko ch?p nh?n rác r??i tr cu?c s?ng c?a mình!"

Hãy cùng xây d?ng cu?c s?ng ko xe rác, 1 cu?c ??i t?t ??p và tích c?c h?n! ^ ^

Pham Minh Tam says

Cu?n sách này v?a m?ng v?a nh?, nh?ng giá tr? c?a cu?n sách thì không h? nh?. Mình b? l?i cu?n b?i t?a ?? cu?n sách. ?ã ??c m?y n?m tr??c nên khi vào làm ? ?ây th?y boss mua "m?t r?" nh?ng cu?n sách này ?? t?ng cho h?c viên, nhân viên thì trong lòng c?m th?y có chút xao xuy?n.

"Có nh?ng ng??i gi?ng nh? "chi?c xe rác" v?y: h? ch?a trong mình ??y "rác r??i" - s? th?t v?ng, t?c gi?n và chán n?n. Và t?t nhiên, h? ph?i tìm ch? ?? trút b? m? rác r??i ?ó. N?u th?y h? trút lên b?n thì b?n ??ng ?ón nh?n. Hãy m?m c??i, v?y chào, chúc h? vui, r?i ti?p t?c công vi?c c?a mình. C? tin tôi ?i, r?i b?n s? th?y h?nh phúc h?n."

Carol Harlow says

“The Law of the Garbage Truck” by David J. Pollay (book to be released October 5, 2010, you can pre-order it now at the following-amazon or Barnes & Noble or at your local bookstore)-

“Twenty years ago, while riding in the back of a New York City taxicab, David J. Pollay narrowly escaped a life-threatening car crash. The driver who almost caused the major accident started yelling at David’s taxi driver, who remarkably just smiled, waved and wished the other driver well before he and David drove away. David asked how the cabbie could remain so calm. His reply spawned the defining principle of The Law of the Garbage Truck and left author, David J. Pollay awestruck.

His driver said: “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.””

I would be the first and definitely not the last to say I need this book more than anyone I know. I tend to let others “dump” on me and I very often am the “garbage truck” myself.

There are 8 commitments to “The Law of the Garbage Truck”. Each commitment has a chapter explaining what the commitment is. My favorite part is the chapters following each explanation, where there are everyday scenarios of how to work through the problems that face us and how to recognize when you need to avoid your normal response to the garbage coming into your life. At the end of each chapter there is a “call to action”, where the author gives you a task to look into your life and make a positive change.

The common theme that I found in this book is- “smile, wave, wish them well, move on and let the garbage trucks PASS YOU BY”.

One of the eight commitments that I received the most out of was~

1- “Do let your own Garbage Trucks pass you by.”

I always make the mistake of letting past mistakes and hurts haunt me and cause me to lose focus on my own happiness. This book has helped me work through this and even though it’s only been a week of me applying these “laws” my attitude has been a lot happier. I still have a long way to go.

I think everyone in the world needs this book. If we all could follow “The Law of the Garbage Truck” we would all be a happier people. And with this book translated into over 50 different languages it is becoming possible for others to get into the act.

I Took the No Garbage Trucks Pledge

After you are done reading this book, I encourage you to take the “No Garbage Truck Pledge”

Sharath Raju (Barefoot) says

Every single individual person being soul character gender age and existence must read this book. Most simple yet excellent guidance to develop peace and manage our interactions with our family, society and the larger world.

Gain says

Ng?n g?n xúc tích. Hình ?nh chi?c xe rác v?a l? v?a thú v?, t? ?ó rút ra ???c vài bài h?c hay và v?i m?t ng??i mang nhi?u n?ng l??ng tiêu c?c nh? mình thì cu?n sách này th?t s? có ý ngh?a, ??c bi?t v? m?t tinh th?n. Ngoài ra, mình c?ng r?t thích ki?u m?c l?c ??y ??, rõ ràng nh? này t?i ??c xong sách r?i ch? c?n l??t qua m?c l?c là nh? l?i h?t ??i ý.
