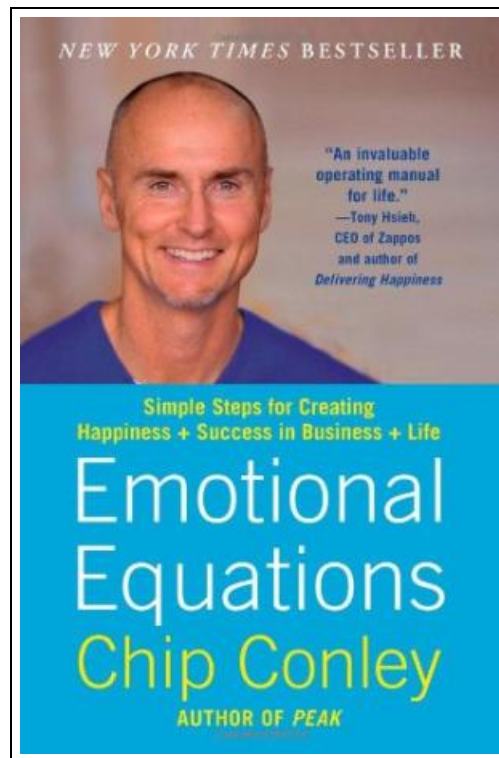


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*(Kevin Bergstrom Sr.)*

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Atria Books, United States, 2013. Paperback. Condition: New. Reprint. Language: English . Brand New Book. An invaluable operating manual, says Tony Hsieh, Zappos CEO and author of *Delivering Happiness*. Using brilliantly simple logic that illuminates the universal truths in common emotional challenges, popular motivational speaker and bestselling author Chip Conley has written a fresh, original guide to an authentic and fulfilling life. \* With a foreword by Tony Hsieh, CEO of Zappos and author of *Delivering Happiness* When Chip Conley, dynamic author of the bestselling *Peak*, suffered a series of devastating personal and professional setbacks, he began using what he came to call Emotional Equations (such as  $Joy = Love - Fear$ ) to help him focus on the variables in life that he could handle, rather than dwelling on the parts he couldn't, such as the bad economy, death, and taxes. Using brilliantly simple logic that illuminates the universal truths in common emotional challenges, Emotional Equations offers a way to identify the elements in our lives that we can change, those we can't, and how to better understand our emotions so they can help us . . . rather than hurt us. Equations like  $Despair = Suffering - Meaning$  and  $Happiness = Wanting What You Have Having What You Want$  have been reviewed for mathematical and psychological accuracy by experts. Now Conley tells his own comeback story and those of other resilient people and inspiring role models who have worked through emotional equations in their own lives. Emotional Equations arms you with practical strategies for turbulent times.



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