



Emotional Equations: Simple Steps for Creating Happiness + Success in Business + Life

Chip Conley

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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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Michael Ramsey:

Playing with family inside a park, coming to see the sea world or hanging out with friends is thing that usually you could have done when you have spare time, after that why you don't try point that really opposite from that. One particular activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of knowledge. Even you love Emotional Equations: Simple Steps for Creating Happiness + Success in Business + Life, you are able to enjoy both. It is fine combination right, you still want to miss it? What kind of hang-out type is it? Oh come on its mind hangout folks. What? Still don't understand it, oh come on its referred to as reading friends.

Robert Dougherty:

Emotional Equations: Simple Steps for Creating Happiness + Success in Business + Life can be one of your beginner books that are good idea. We recommend that straight away because this e-book has good vocabulary which could increase your knowledge in vocabulary, easy to understand, bit entertaining however delivering the information. The article writer giving his/her effort to set every word into pleasure arrangement in writing Emotional Equations: Simple Steps for Creating Happiness + Success in Business + Life however doesn't forget the main place, giving the reader the hottest as well as based confirm resource data that maybe you can be considered one of it. This great information may drawn you into fresh stage of crucial pondering.

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