



Emotional Equations: Simple Truths for Creating Happiness + Success

Chip Conley

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“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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From reader reviews:

Gary Flint:

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Lula Estes:

Playing with family inside a park, coming to see the sea world or hanging out with friends is thing that usually you may have done when you have spare time, in that case why you don't try factor that really opposite from that. A single activity that make you not sense tired but still relaxing, trilling like on roller coaster you have been ride on and with addition associated with. Even you love Emotional Equations: Simple Truths for Creating Happiness + Success, you are able to enjoy both. It is very good combination right, you still would like to miss it? What kind of hang type is it? Oh come on its mind hangout people. What? Still don't have it, oh come on its referred to as reading friends.

James Collins:

This Emotional Equations: Simple Truths for Creating Happiness + Success is great publication for you because the content that is full of information for you who also always deal with world and have to make decision every minute. That book reveal it details accurately using great arrange word or we can point out no rambling sentences included. So if you are read that hurriedly you can have whole info in it. Doesn't mean it only offers you straight forward sentences but hard core information with wonderful delivering sentences. Having Emotional Equations: Simple Truths for Creating Happiness + Success in your hand like getting the world in your arm, information in it is not ridiculous one particular. We can say that no e-book that offer you world within ten or fifteen minute right but this guide already do that. So , this is certainly good reading book. Hello Mr. and Mrs. active do you still doubt that will?

William Jones:

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