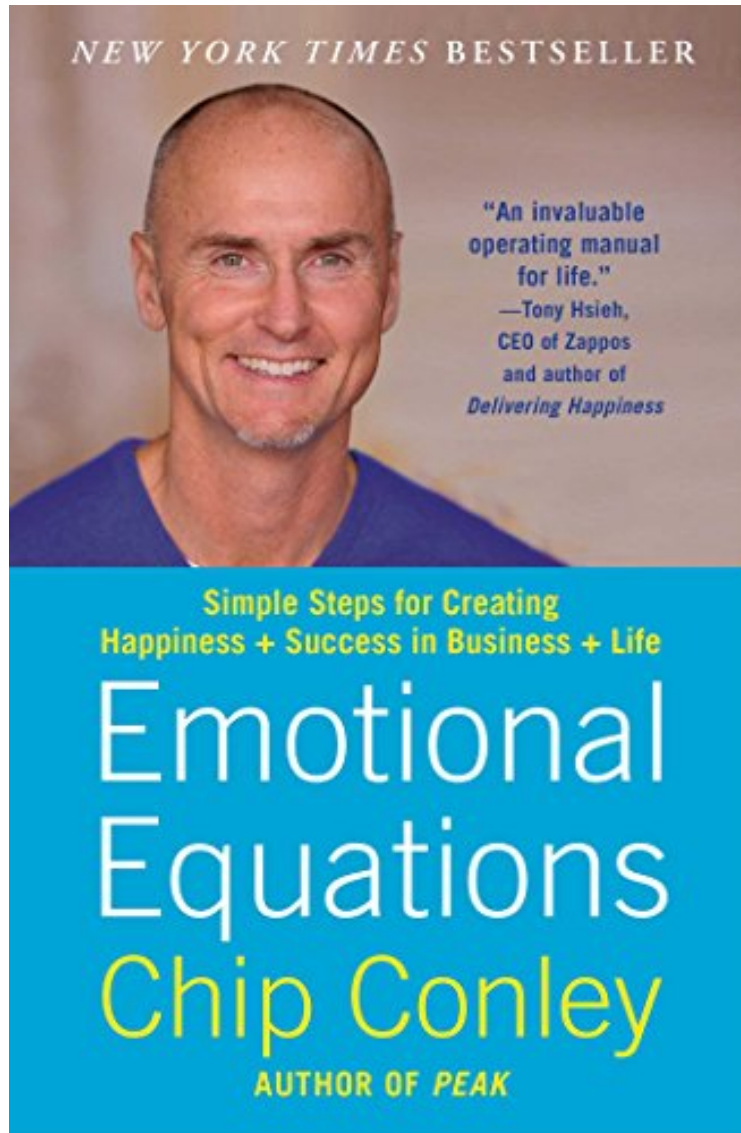


Emotional Equations: Simple Truths for Creating Happiness + Success

Chip Conley

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Chip Conley : Emotional Equations: Simple Truths for Creating Happiness + Success before purchasing it in order to gauge whether or not it would be worth my time, and all praised Emotional Equations: Simple Truths for Creating Happiness + Success:

3 of 3 people found the following review helpful. Life's secret handbook. By Rex I loved PEAK and this book too. Chip's writing style is very pragmatic. The depths to which human feelings are explored is amazing. He translates the cognitive processes which dictate our emotional responses into simplified formulas for understanding. This can be

used to add joy, or reduce suffering, despite the whims of our automatic thoughts and responses. These otherwise concrete ways of thinking can magically transform into malleable processes. The chapters where he delves into the pitfalls, where we all must grow as humans to fully actualize our potential, add significant grit to the self-examining reader. Wherever you are in life, this book will aid in your reflection and help identify the journey to be taken towards making one's self a whole, adept, and powerful in responding to life's circumstances. If you are an introspective person seeking a guidebook which will help alter your thinking, and which logically outlines the rules for living a satisfying and adventurous life, give this book a chance to enlighten you. 4 of 4 people found the following review helpful. Amazing book!!!! By Li - Pi It's so amazing to be able to see emotions from this perspective. It requires slow reading, and deep analysis to incorporate the concepts, and really be able to manage your emotions in a more productive way. Love it!!!! 0 of 0 people found the following review helpful. Understanding Feeling By Ashton Fourie Conley's approach makes it possible to take that which generally seems like just a stream of feeling, and identify it into its components. Helping us understand how these components interact, he enables us to take concrete action to living a more fulfilling and meaningful life at an emotional level.

"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.