



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

By Chip Conley

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 -...



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