



## The Hope Quotient: Measure It. Raise It. You'll Never Be the Same.

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By Ray Johnston

Thomas Nelson on Brilliance Audio, United States, 2014. CD-Audio. Book Condition: New. Unabridged. 170 x 135 mm. Language: English . Brand New. What's at the heart of every thriving person, every thriving marriage, kid, and business? Hope! The Hope Quotient is a revolutionary new method for measuring and dramatically increasing your level of hope. Hope is more than a feeling; it's the by-product of seven key factors. When these are present in your life, they cause hope to thrive. Factor 1: Recharge Your Batteries Nobody does well running on empty. Factor 2: Raise Your Expectations You don't get what you deserve; you get what you expect. Factor 3: Refocus on the Future It's time to throw away your rearview mirror. No one goes forward well when they are looking back. Factor 4: Play to Your Strengths Be yourself; everyone else is taken. Factor 5: Refuse to Go It Alone Never underestimate the power of support. Even the Lone Ranger had Tonto. Factor 6: Replace Burnout with Balance Burning the candle at both ends isn't as bright as you think. Factor 7: Play Great Defense Avoid these five toxic hope killers that can threaten your future. Using seven years of research, powerful...



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