

“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.

Cage Is Not For Me, *Legal Issues for the Medical Practitioner*, *American Alpine Journal*, 1987 Vol. 29, No. 61, *Cavalier King Charles Spaniel Puppies 2016 Mini 7x7 (Multilingual Edition)*, *Use Math: Group It (Time for Kids Nonfiction Readers)*, *Weimar 1918-1933*, *Kinky Lingerie Girls*, *Adventure in Human Knowledges and Beliefs*, *Georgia Divorce*, 2013 ed., *A Bibliography of Australian Economic Botany*, Volume 1,

Using brilliantly simple math that illuminates universal emotional truths, *Emotional Equations* crystallizes some of life's toughest challenges into manageable. $Player\ error = Anxiety = Uncertainty \times Powerlessness$. $Authenticity = Self-Awareness \times Courage$. $Curiosity = Wonder + Awe$. $Despair = Suffering - Meaning$. $Jealousy = Mistrust / Self-Esteem$. $Joy = Love - Fear$. *Emotional Equations: Simple Truths for Creating Happiness + Success*. TONY HSIEH on *Emotional Equations*: Rarely has a CEO bared his soul in a book as Chip Conley has in *Emotional Equations*. This powerfully authentic story makes for a compelling read and an invaluable operating manual for life. *Emotional Equations: Simple Truths for Creating Happiness + Success* Using brilliantly simple logic that illuminates the universal truths in common emotional. *Emotional Equations: Simple Truths for Creating Happiness + Success*. Front Cover. Chip Conley. Simon and Schuster, Jan 10, - Self-Help - pages. *Emotional Equations: Simple Truths for Creating Happiness + Success*. Chip Conley. Free Press, \$24 (p) ISBN *Emotional Equations* by Chip Conley - “An invaluable operating manual,” says Tony Hsieh, Zappos CEO and *Simple Truths for Creating Happiness + Success* . who has spoken at the prestigious TED Conference, is the author of *Emotional Equations: Simple Truths for Creating Happiness + Success*.

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