



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

By Ray Johnston

Thomas Nelson on Brilliance Audio, 2014. CD-Audio. Condition: New. Unabridged. 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 biblical illustrations, and compelling human-interest stories, Ray Johnston explains...



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