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Making Hope Happen: Create the Future You Want for Yourself and Others

By Dr Shane J Lopez

SIMON SCHUSTER, United States, 2014. Paperback. Book Condition: New. Reprint. 210 x 138 mm. Language: English . Brand New Book. In this practical guide to the anatomy of hope and how to harness its incredible power in your own life, a leading psychologist shines a light on one of the most powerful, and most misunderstood, emotional forces in our lives (Daniel Pink, author of Drive). Some people manage to bounce back quickly from setbacks, to lead happy, healthy, productive lives, no matter their circumstances. These people have found a way to make good things happen even when luck isn't on their side. The secret ingredient they use to transform their lives, it turns out, is hope. Using discoveries from the largest study of hopeful people ever conducted, Shane J. Lopez, PhD, the world's preeminent expert on hope (Sonja Lyubomirsky, author of The How of Happiness), reveals that hope is not just an emotion but an essential life tool. Hope is a leading indicator of success in relationships, academics, career, and business, and with Making Hope Happen, you can measure your level of hope and learn how to increase, use, and share it. In addition, Lopez shares...



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