



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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Very helpful to any or all category of folks. It is written in simple phrases rather than difficult to understand. It has been developed in an exceptionally simple way and is particularly just after I finished reading this pdf in which basically transformed me, modify the way in my opinion.

-- **Hank Runte**

This written publication is wonderful. It is really fascinating through reading period. I discovered this book from my dad and I suggested this publication to find out.

-- **Keshaun Daugherty**

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