



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

Ray Johnston

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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 At 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 how these seven essential factors will support, sustain, and strengthen your hope. And when consciously built into your life, how they will unleash hope in your marriage, your kids, your career, your church, your community, and the world. With biblical examples of Joshua, King David, and Nehemiah, as well as stories of some amazingly hopeful people today, Pastor Ray shares the only way to get more hope is to consciously build it into your life. Your HQ is the most important contributor to your overall success. Because when hope rises, not just positive thinking but solid hope from God, everything changes.

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