



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

*By Ray Johnston*

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**The Hope Quotient: Measure It. Raise It. You'll Never Be the Same.** By Ray Johnston

**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 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.

Discover your HQ level, the most important contributor to your overall success, and then learn how to improve it. Because when hope rises—everything changes.

**FLAP COPY:**

Hope: It's the one thing that can change everything!

When you have hope, eleven things are unleashed in your life:

- You have more satisfying relationships.
- You're more productive.
- You're less affected by stress.
- You're more successful.
- You're more satisfied.
- You're more compassionate.
- You're more willing to help people in need.
- You're physically healthier.
- You hold yourself to higher moral and ethical standards.
- You're more likely to assume leadership.
- You're more likely to see God as loving, caring, and forgiving.

This book will help you discover your HQ level and learn the seven key factors that, when built into your life, unleash hope. When you have genuine hope—not trite, pious platitudes but authentic hope that produces inner strength and confidence—anything is possible.

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## **Editorial Review**

### About the Author

Ray Johnston has a rich, varied background as a speaker, writer, and founder of Thrive Communications and the Thrive Leadership Conference. Author of the bestselling book *The Hope Quotient*, he is the founding pastor of Bayside Church, one of the largest churches in the United States, with more than twelve thousand people. Ray has spoken to more than four million people over the last ten years and served on the board of trustees at Azusa Pacific University, his alma mater. Ray and his wife, Carol, have four adult children.

## **Users Review**

### **From reader reviews:**

#### **Alyssa Cox:**

As people who live in the particular modest era should be change about what going on or details even knowledge to make these keep up with the era and that is always change and progress. Some of you maybe will update themselves by looking at books. It is a good choice to suit your needs but the problems coming to an individual is you don't know what one you should start with. This *The Hope Quotient: Measure It. Raise It. You'll Never Be the Same.* is our recommendation to cause you to keep up with the world. Why, because this book serves what you want and wish in this era.

#### **Bethel Stockton:**

Nowadays reading books be a little more than want or need but also work as a life style. This reading addiction give you lot of advantages. Associate programs you got of course the knowledge the rest of the information inside the book this improve your knowledge and information. The info you get based on what kind of e-book you read, if you want have more knowledge just go with knowledge books but if you want truly feel happy read one having theme for entertaining for example comic or novel. Often the *The Hope Quotient: Measure It. Raise It. You'll Never Be the Same.* is kind of reserve which is giving the reader capricious experience.

#### **Christine Erhart:**

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friends as well as soon about yours guide. Your knowledge can inspire the mediocre, make them reading a publication.

**Kenneth Sisk:**

Often the book *The Hope Quotient: Measure It. Raise It. You'll Never Be the Same.* has a lot of knowledge on it. So when you check out this book you can get a lot of profit. The book was written by the very famous author. Tom makes some research prior to write this book. That book very easy to read you can get the point easily after reading this article book.

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