



Emotional Equations: Simple Truths for Creating Happiness + Success

Chip Conley

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TONY HSIEH on *Emotional Equations*: "Rarely has a CEO bared his soul in a book as Chip Conley has in *Emotional Equations*. This powerfully authentic story makes for a compelling read and an invaluable operating manual for life. Chip's stories are used to create emotional building blocks that define how we can understand and navigate our internal weather and emotions."

In business and in life, we tend to gravitate toward people who inspire trust and create positive emotional connections. Yet, we learn very little about emotional intelligence in formal education. That's what makes reading *Emotional Equations* so enjoyable -- it's like taking a fun college course in understanding Curiosity, Jealousy, Despair, Authenticity, Wisdom, and nearly twenty different emotions or emotional states that regularly show up in our lives.

Emotional Equations illustrates that the more unpredictable the world is, the more important it is to master our emotions in such a way that our internal world doesn't mirror the chaos of the external world. Chip's book amplifies the importance of creating that emotional space in our lives such that we don't unconsciously react to everything.

Chip's goal is to take the idea of emotional intelligence and transform it into emotional fluency. It's one thing to study a foreign language in theory, but quite another to try to use it in our daily lives. *Emotional Equations* provides the tools for doing both.

Chip not only provides a comprehensive list of emotional equations that he's derived, he also shows how to create your own emotional equations by encouraging readers to rethink their relationships with their own emotions and asking the question, "What is this emotion trying to tell me right now, and how can it serve me?"

Emotional Equations is one of those rare books that combine research and theory with actual practice. If you're interested in learning how to understand and manage emotions both in work and in life, this book will definitely provide some new perspectives and plenty of food for thought."

Emotional Equations: Simple Truths for Creating Happiness + Success Details

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Author : Chip Conley

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From Reader Review Emotional Equations: Simple Truths for Creating Happiness + Success for online ebook

Alyssa Greatbanks says

When I first started this book, the first chapter or two were very confusing. Once it became one chapter per "equation", everything was explained more thoroughly and was much easier to understand.

After reading this book, although it was not perfect, it did make a lot of really good points that I believe would help a lot of people to read. So I believe that everyone should read through this book once, every equation, so you really get the full benefit of the book.

I received this book through the GoodReads First Reads Giveaway. This has not affected my review in any way.

Jack Oughton says

Great message from a very credible source (i.e a man who's gone on to do big things) - I didn't get too much out of it, it feels like stuff that many people have covered before. As I say, great message.

Deb says

There's an equation for that

At first impression, the title "Emotional Equations" may seem to be a bit of an oxymoron. How could something as intangible and unquantifiable as an emotion possibly be captured in an equation? And, if an emotion could be explained by an equation, wouldn't it take the emotionality of it anyway?

It turns out that emotions really can be represented by equations. But, don't worry, you don't have to be any kind of math whiz to understand them. In *Emotional Equations*, author Chip Conley (who admits that he's no math wizard himself) does a masterful job in presenting a series of equations that can help you make sense of your emotions, life, and more. In Chip's own words:

"Emotional Equations aren't just a way to make sense of our lives; they are part of a bigger movement toward creating insight as we take off our psychological blindfolds." (p. 248)

Emotional Equations can serve as a "psychological GPS" that can help "to navigate difficult or unknown terrain. They help to detect and translate, harness and channel emotions productively so they become rational and purposeful, rather than scattered and chaotic. Anger can become courage, and envy can fuel resilience." (pp. 21-22) Chip expresses his hope that:

"Emotional Equations will stretch you and create a better life for you and those around you. After using Emotional Equations, you will find that your emotions will no longer get the best of you. Instead, your emotions can *represent* the best in you." (p. 13)

Whether you need to help in getting through a difficult time, you want to optimize your work life, you want

to better define who you are, or you are seeking more contentment in your life (or all of the above!), these equations offer a unique and effective way of conceptualizing and understanding your emotions—and taking charge of your life. You'll have to read the whole book to really get it, but for now, here's a sampling of the equations that are presented and explored in the book:

→Dealing with Difficult Times:

***Despair = Suffering – Meaning

***Disappointment = Expectations – Reality

***Regret = Disappointment + Responsibility

***Jealousy = Mistrust/Self-Esteem and Envy = (Pride + Vanity)/Kindness

***Anxiety = Uncertainty x Powerlessness

→Getting the Most Out of Your Work Life

***Calling = Pleasure/Pain

***Workaholism = What Are You Running From?/What Are You Living For?

***Flow = Skill/Challenge

***Curiosity = Wonder + Awe

→Defining Who You Are:

***Authenticity = Self-Awareness x Courage

***Narcissism = (Self-Esteem)² x Entitlement

***Integrity = Authenticity x Invisibility x Reliability

→ Finding Contentment

***Happiness = Wanting What You Have/Having What You Want

***Joy = Love – Fear

***Thriving = Frequency of Positive/Frequency of Negative

***Faith = Belief/Intellect

***Wisdom = (Square root of Experience)

In addition to presenting these equations, the book also offers a DIY guide for creating your own Emotional Equations. This final section of the book can help you understand the components of your own emotions and start developing a game plan to help you shift a debilitating emotion into something you can work with to reshape your life.

Although the title of the book might be a hard sell, the book sells itself. It's well-written, well-researched, and appropriately and effectively supported by the author's own psychological journey. (Finding meaning in his own suffering by writing this book would likely make Chip's hero Viktor Frankl proud!)

Ever since I've finished this book, I've been coming up with my own equations. (It really does work!) So, of course, I've got to end this review with one:

Increased Peace of Mind = (Pages Read in This Book) x (Time Spent Applying Emotional Equations to Your Own Life)

Patrick says

I picked up this book since I'd seen a similar set of equations on Craig Damraur's New Math blog (<http://www.morenewmath.com/>). This book has a set of similar equations but adds a lot of psychological gobbledegook that I didn't find very satisfying.

Also, I didn't agree with some of the equations. For example, the author used:

Happiness = reality - expectations

Where I feel it should be more like this (since I don't like the concept of negative happiness):

Happiness = reality / expectations

or if you are more pessimistic:

Disappointment = expectations / reality

That is, if you had high expectations but reality was much lower, you would have a low level of happiness (or a high level of disappointment). This basically sums up my feeling for this book.

Not a bad book overall, but just not for me. Do yourself a favor and check out the New Math blog (or one of the many summaries, e.g. <http://www.mymodernmet.com/profiles/b...>) before reading this.

Lisa says

Well. This is one of my favorite books I've read in a very long time. Favorite like I want to buy 100 copies on Amazon and start giving it to everyone I meet. Written by the former CEO of the Joie de Vivre boutique hotel chain and geared towards business, it really is so applicable to just about everything. Basically distilling down difficult emotional situations and feelings to math equations. Like this one: Despair = Suffering - Meaning. Mmm hmm. Yes. You should read it. He even has a chapter at the end for how to write your own life's equations.

Υπ?τιος Βαρελ?ς says

Ο συγγραφ?ας αντιμετωπ?ζει ?λες τις συναισθηματικ?ς εξισ?σεις εντελ?ς γνωσιακ?, μ?σα απ? ?να πρ?σμα υποθετικ?ς διαμ?ρφωσης των συναισθημ?των μ?σω του επηρεασμο? συγκεκριμ?νων παραγ?ντων. Σε κ?ποιες περιπτ?σεις αυτ?ς οι "εξισ?σεις" ?χουν μ?α χρησιμ?τητα, σε ?λλες ?χι. Δεν ε?ναι εξισ?σεις "σ?νθεσης συναισθημ?των" (π.χ. ποια πρωτογεν? συναισθ?ματα μπορε? να περι?χει η ζ?λια ? η ευτυχ?α), αλλ? διατυπ?σεις εξ?ρτησης των αντιληπ?ν αισθημ?των απ? παρ?γοντες που μπορο?με να επηρε?σουμε.

Το βιβλ?ο στηρ?ζεται σε μ?α φαινομενικ? καλ? ιδ?α, τελικ? ?μως χ?νει σε πολλ? σημε?α, ?πως: - Ακατ?σχετη φλυαρ?α του συγγραφ?α. Πολλ?ς ιστορ?ες θα μπορο?σαν να ?ταν πιο σ?ντομες ? να ε?χαν παραλειφθε?.

- Συστηματικ? περιαυτολογ?α. Αυτ? συγχωρε?ται σε κ?ποιον που ε?ναι δι?σημος ? ξεχωριστ?ς, αλλ? ?χι σε ?ναν συγγραφ?α που απλ?ς ?ταν CEO σε μ?α εταιρε?α ξενοδοχε?ων στις ΗΠΑ και κ?νει ομιλ?ες σε ?λο τον κ?σμο.
- Υπεραν?λυση πολλ?ν σημε?ων, κ.?

Τα δ?ο αστερ?κια τα β?ζω γιατ? υπ?ρχουν και κ?ποια καλ? σημε?α, ?πως κ?ποιες ε?στοχες συμβουλ?ς, αλλ? και αρκετ?ς παραπομπ?ς σε αξ?λογη βιβλιογραφ?α. Αλλ? το βιβλ?ο ε?ναι φλ?αρο, κουραστικ? και ε?ναι ε?κολο να χαθε?ς μ?σα του και να ξεχ?σεις τι δι?βαζες και που θα καταλ?ξει.

Sheila says

A real-life story each chapter being an equation, each equation, followed by an explanation, and how to work through the equation. It is how to deal with emotions on daily bases either at work, home and other relationships. This book can help some people who feel overwhelmed and are unsure of where they are or what they want.

Interesting read about emotions and how it impacts people's daily life through people stories. Author developed the idea of combining emotions through the equivalent of math symbol to explain bigger emotions or behaviors. Backed up with examples of famous people it was interesting approach however, lot of repetition which make it unnecessarily too long.

There are several books with similar writing so I ended up rating 3 stars. I have read a few but there are always new ideas from this author that I could relate too. I would recommend to readers who enjoy psychology and sociology reading.

Gary says

THIS BOOK + IT'S KEY TERMS TO YOUR EMOTIONS = better clarity in understanding how you can sort things out + work with them in order to create greater happiness + success.

I picked up 29 equations with more than half of them in the table of contents. Example: "Jealousy=mistrust÷ self-esteem and Envy=pride+vanity÷ kindness."

Some statements by the author that stand out to me in this Good Read:

- A shorthand means of correcting yourself emotionally in order to get clearer perspectives + more control during good times & bad.
- A grown-up version of finger painting - mixing primary emotions (terror/fear, rage/anger, grief/sadness, loathing/disgust, amazement/surprise & ecstasy/joy) to create secondary emotions (see Robert Plutchik's graph) that have subtle distinctions.
- Emotional fluency is the ability to sense, translate & effectively apply the power of emotions in a healthy, productive manner. Drivers ed. for your emotions.
- We all want a fully functioning heart + mind. Why shouldn't we want the same for our emotional state?
- Rather than let your emotions get the best of you-let your emotions represent the best in you.

-Emotions don't just happen to you as if you are a willing victim. Emotions are like clay and you can mold them into the work of art that is your life.

-Letting emotions move through you is healthy. Letting emotions define you is not healthy.

Kim says

I loved this book and its underlying message: that by creating your own emotional equations you can become more aware and in more control of how you react to whatever life throws you. Conley is a storyteller and through his struggles and lasting positivity, he empowers you with knowledge and inspires you to take action to change your own life. It's not the equations that matter, after all, it's what you do with them.

Change = emotional equations + action

Sarah says

I received this book for free from Goodreads First Reads.

This book was very structured, each chapter being an equation, and each equation having a real-life story to begin, followed by an explanation, and how to work through the equation. Each equation is not just emotions, but personal values as well. This book can help some people who feel overwhelmed and are unsure of where they are or what they want.

K says

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Melissa.d.flores says

Took me a while to finish this book (was reading it from a list of recommended reading for work) and I thought it was pretty good. My biggest takeaway was the importance of positivity in the workplace and ideas

of how to create it - not an easy thing to do by any stretch. Lots of other good insights too.

Alex Vasai says

Very interesting and consistent approach to emotions, just to describe them as equations containing other emotions. In this way you can control them better and overcome moments when you are not "in the mood". I also liked the idea of creating our own equations, is Math fashionable now?

A says

I like math, logic, and psychology; so I loved this concept of emotional equations. I have picked up and put down the book for several years, but just recently more interested to learn more and finish reading. Overall it was interesting, insightful, and made me really think.

Anita Ashland says

If you want to strengthen your emotional intelligence this book will give you many practical steps to accomplish that.

In addition to drawing on stories of his own difficult experiences as a CEO, he includes stories about Abraham Lincoln, Mother Teresa, Victor Frankel, Andre Agassi, Oprah Winfrey, Charles Darwin, and many others.

The equations seem a bit dry at first but I appreciate the pithiness of them. They appeal to the left brained part of me.

He lists many questions throughout the first half of the book to help you dig deeper to solve your problems. Questions such as "If pondering whether to do something or not ask yourself: Is it repeatable? Can it be repaired if something goes wrong?"

He provides an unique exercise for working through fear: create a series of training steps that would help someone else understand how you obsess about a particular issue that gives you fear, such as financial issues.

Don't overlook the notes section at the very end. He suggests more books to read and additional insights.
