

**THE HOPE QUOTIENT:
MEASURE IT. RAISE IT. YOU'LL NEVER BE THE SAME.
BY RAY JOHNSTON**

BACK COVER COPY

**What's Underneath Every Thriving Person,
Every Thriving Marriage, Kid, and Business?
HOPE!**

The Hope Quotient is a revolutionary new method for gauging—and dramatically increasing—your level of hope. Hope is much more than a feeling; it's the byproduct of seven key factors, which, when they are built into your life, 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. Nobody 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

The Lone Ranger made a great television series, but it's a lousy way to live.

Factor 6: Replace Burnout with Balance

People who are burning the candle at both ends are not as bright as they think they are.

Factor 7: Play Great Defense

Avoid these five toxic hope killers that can threaten your future.

Using powerful biblical illustrations and compelling human-interest stories, pastor 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.

FRONT FLAP COPY

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

When You Have Hope, 11 Things are Unleashed in Your Life!

People with high levels of hope

- are more successful
- feel more satisfied
- are more compassionate
- are more willing to help people in need
- are physically healthier
- hold themselves to higher moral and ethical standards
- are more likely to assume leadership
- have more satisfying relationships
- are more productive
- are less affected by stress
- are more likely to see God as loving, caring, and giving

The hope quotient is the result of seven years of research. This book will help you discover your HQ level and learn the 7 key factors that when built into your life, unleash hope. When you have hope—not just a temporary shot of feel-good, but genuine hope that produces inner strength and confidence—anything is possible.

BACK FLAP COPY

Ray Johnston has a rich and varied background as a university and graduate-school professor, speaker, writer, and founder of Thrive Communications. He is the founding pastor of Bayside Church, which Ray describes as “a church for people who don’t like church.” Bayside has grown into one of the largest churches in the nation with more than 12,000 people coming together every weekend at the Granite Bay campus and thousands more in multiple churches throughout the Sacramento area. Ray has spoken to more than 4,000,000 people over the last 10 years. Ray is the Founder of Thriving Churches International and Thrive Communications, Inc., and a veteran of youth and adult ministries as a national speaker for Youth Specialties. Each year his Thrive Leadership Conference sells out months in advance with over 4,000 leaders attending from across the country and around the world. Ray serves on the board of trustees at Azusa Pacific University, where he graduated. Ray and his wife, Carol, have four children.