

Making Hope Happen: Create the Future You Want for Yourself and Others

Shane J. Lopez

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"A smart and incisive look at the scientific and practical aspects of building visions of the future we can believe in and work toward." —Daniel H. Pink,
New York Times bestselling author of *Drive*

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Create the Future You Want
for Yourself and Others

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Shane J. Lopez : Making Hope Happen: Create the Future You Want for Yourself and Others before purchasing it in order to gage whether or not it would be worth my time, and all praised Making Hope Happen: Create the Future You Want for Yourself and Others:

3 of 3 people found the following review helpful. Explains why hope and how to be hopefulBy JaneWritten in

Lyman's terms, you'd never know you are reading research from a top notch psychologist. Understanding what hope is and equally important what hope isn't, can help each of us live a more beneficial life. Lopez provides tools to measure your own hopefulness and ways to teach hope. Highly recommend to anyone who supervises others or teaches. We need a world filled with people of hope. 3 of 3 people found the following review helpful. Awesome and Relevant! A Must Read! By Casey "Making Hope Happen" is a refreshing demonstration of thoughtful research-based evidence articulated in an approachable and applicable way. Dr. Lopez's work is incredibly exciting to me, mainly because at its core - no matter which way you flip it - it just makes sense. Of course maximizing our personal strengths will give us more energy, excitement, and confidence as we work toward the future we want for ourselves! Dr. Lopez shows us that "Hope" is no longer an ambiguous or arbitrary idea about the future. Rather, it is an active process that connects our present and our future through our behaviors. "Making Hope Happen" in many ways is a paradigm shift of how we think about our lives, what motivates us, and how we can sustain our own well being at home, in our communities, and at work. Last week, Dr. Lopez gave a presentation about his book to the youth-serving non-profit I work for in Boston. During his presentation, I saw my staff light up like I haven't before. They were excited to be exposed to evidence-based research that validates the work we already do so well. I am confident that his presentation and research will have a ripple effect throughout our entire organization and the way we approach management, training, and our work with the students we serve. 2 of 2 people found the following review helpful. Every Leader, Coach or Head of Household should own this book. By Michelle Vendelin Wow, Hope IS a strategy and a sound one at that! I haven't dog eared and highlighted a book this much in quite a while. Shane has done an excellent job of re-framing HOPE in a pragmatic way that we can understand and apply right away (and it's distinct and more purposeful than wishing or fantasizing). He provides compelling data, great web based tools and helpful stories to bring his findings to life. I really appreciated his recommendations on sharing hope agency with others to help them move more predictably from point A to Point B. I've been applying this in my world and it's noticeable, Hope (including a plan, agency flexibility) IS contagious. Paying forward Hope is critical to a healthy work environment, society and home. In my opinion, this book is a must read for Thought Leaders, Executives, Coaches, Social Family Leaders, you owe it to your followers to raise their agency, engagement and make hope happen right! Thank you Shane, keep up the great work!

How do some people make good things happen and bounce back from setbacks? Why do they lead happier, healthier, more productive lives? It's not because they have hope; not because of luck, or intelligence, or money. So, what exactly is hope and how can you get it, too? Using discoveries from the largest study of hopeful people ever conducted, world-renowned expert on the psychology of hope Shane J. Lopez, Ph.D., reveals that hope is not just an emotion but an essential life tool. Hope is also a leading indicator of success in relationships, academics, career, and business. With *Making Hope Happen* you can measure your level of hope and learn how to create and share it. In this newest evolution of positive psychology, Dr. Lopez provides strategies for building a high-hope mind-set and shares uplifting stories of real people; parents, educators, entrepreneurs, young and old people with health challenges, and civic leaders; who create hope and who change their own lives as well as their schools, workplaces, and communities. They include: • The CEO who befriended a curious nine-year-old, bringing him into the company and transforming his attitude toward school and future goals. • A young entrepreneur who worked to change laws that stood in his way, recruited friends to support his start-up, and rebuilt from scratch after a fire. • The college president whose creative fundraising during the worst of the economic downturn kept her neediest seniors in school through graduation. • The city council members who developed a visionary recovery plan only days after their community was flattened by a tornado. • Two mothers and a principal who reversed decades of neglect and mismanagement to turn a failing school into a neighborhood magnet. • A college student who is thriving after two heart transplants, and whose hopeful self-care has been key to her survival. *Making Hope Happen* is for people who believe that the future can be better than the past or the present and who are looking for a way to make it so. The message is clear: Hope matters. Hope is a choice. Hope can be learned. Hope is contagious.

"Hope is the most undervalued state of mind in the world. This book demystifies hope and makes it a much-needed secret weapon for all leaders at all levels." (Jim Clifton, CEO, Gallup) "Shane Lopez, the world's preeminent expert on hope, shares his expertise and wisdom on what hope is, how to create more of it in your life, and how to teach it to others, with the aim of meeting your goals, leading a happier, more flourishing life, and making the world a better place." (Sonja Lyubomirsky, author of *The How of Happiness*) "Making Hope Happen instantly draws you in. With intriguing stories and important insights on every page, this book not only illustrates the power of hope, but the simple steps we can all take to get more of it in our lives." (Sian Beilock, author of *Choke: What The Secrets Of The Brain Reveal About Getting It Right When You Have To*) "Finally, a book that shines a light on one of the most powerful, and most misunderstood, emotional forces in our lives. Making Hope Happen is a smart and incisive look at the scientific and practical aspects of building visions of the future we can believe in and work toward." (Daniel H. Pink, author of *Drive* and *A Whole New Mind*) "A clear and powerful introduction to the scientific study of hope by the leading researcher on this vital topic, *Making Hope Happen* is full of

useful strategies for getting our future under control. A pleasure to read, and a treasure to save for those bleak days when defeat stares us in the face." (Mihaly Csikszentmihalyi, author of *Flow: The Psychology of Optimal Experience*) "There's no pill or supplement that can reverse aging. In fact, most of what explains longevity is not for sale--purpose, faith, and the hope. This book--from one of the nation's most renowned well-being researchers--explores the power of hope and shows us where to find it." (Dan Buettner, National Geographic Fellow author of *The Blue Zones: Lessons for Living Longer from the People Who've Lived the Longest*) "Thoughtful and pragmatic, Lopez's work will inspire readers to take control of their future, choose hope, and choose life." (Publishers Weekly) "Lopez explores the one emotion--hope--that divides our society into two camps: those of us who believe everyone has it; or, those who believe everyone else has it. Either way, we all want more of it--without even understanding what hope is and how to use it. The first step? Articulating the difference between optimism (a rosy attitude with which some are born) and hope (an ability to see that the future can be better and that you have a role in creating it). Hope is made, not handed down, he writes, and it can be learned even by pessimists." (O: The Oprah Magazine) "Hope is the most undervalued state of mind in the world. This book demystifies hope and makes it a much-needed secret weapon for all leaders at all levels." (Jim Clifton, CEO, Gallup) "Shane Lopez, the world's preeminent expert on hope, shares his expertise and wisdom on what hope is, how to create more of it in your life, and how to teach it to others, with the aim of meeting your goals, leading a happier, more flourishing life, and making the world a better place." (Sonja Lyubomirsky, author of *The How of Happiness*) "Making Hope Happen instantly draws you in. With intriguing stories and important insights on every page, this book not only illustrates the power of hope, but the simple steps we can all take to get more of it in our lives." (Sian Beilock, author of *Choke: What The Secrets Of The Brain Reveal About Getting It Right When You Have To*) "Finally, a book that shines a light on one of the most powerful, and most misunderstood, emotional forces in our lives. Making Hope Happen is a smart and incisive look at the scientific and practical aspects of building visions of the future we can believe in and work toward." (Daniel H. Pink, author of *Drive* and *A Whole New Mind*) "A clear and powerful introduction to the scientific study of hope by the leading researcher on this vital topic, Making Hope Happen is full of useful strategies for getting our future under control. A pleasure to read, and a treasure to save for those bleak days when defeat stares us in the face." (Mihaly Csikszentmihalyi, author of *Flow: The Psychology of Optimal Experience*) "The world's leading expert on the psychology of hope shows us people who have succeeded because they had hope and how we can create it in our own lives to help ourselves and our world." (Ed Diener, author of *Happiness: Unlocking the Mysteries of Psychological Wealth*) "There's no pill or supplement that can reverse aging. In fact, most of what explains longevity is not for sale--purpose, faith, and the hope. This book--from one of the nation's most renowned well-being researchers--explores the power of hope and shows us where to find it." (Dan Buettner, National Geographic Fellow author of *The Blue Zones: Lessons for Living Longer from the People Who've Lived the Longest*) "Thoughtful and pragmatic, Lopez's work will inspire readers to take control of their future, choose hope, and choose life." (Publishers Weekly) About the Author Shane J. Lopez, Ph.D., a Gallup Senior Scientist, is the world's leading authority on the psychology of hope. He has published numerous professional books on what is right with people, including *The Encyclopedia of Positive Psychology*. He lives in Lawrence, Kansas, with his wife and son.