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The World Book of Hope

The Source of Success, Strength and Happiness

Leo Bormans

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- A record of worldwide scientific research on hope
- Including a selection of ten of the world's most hopeful projects
- Full of inspiring examples

After the worldwide success of *The World Book of Happiness* and *The World Book of Love*, author Leo Bormans has spent two years studying the scientific research on hope and meeting the most prominent experts in the field. Hope is not a luxury of the privileged few. It represents a universal psychological resource that can be found in all corners of the world. Hope is all of this: a tool for envisioning definable goals, a coping resource, an expression of trust and openness as well as a spiritual gift earned by faith or ritual. In the course of a lifetime every individual is apt to experience these different shades of hope. *The World Book of Hope* is an inspiring quest to the breadth and depth of hope. It offers a universal framework for understanding and using the most powerful tool of mankind: hope. Without hope there is no life. In this book, 100 professional researchers from all over the world share what we know about hope. Not spiritual philosophy but evidence based knowledge of recent experiments and life-long research, set in a language everybody understands. This book unveils the secret power of hope in love and relationships, study and work, health and illness, education and care, freedom and prison, management and leadership, therapy and economy, youth and old age. It even shows how we can make pessimism work and how we can benefit from post-traumatic growth: one door closes, another one opens. Also available: *The World Book of Love* ISBN 9789401422741

Leo Bormans is a journalist, writer and public speaker. For more than twenty years, he was the chief editor of the school magazines *Klasse* and *Yeti*. At present, he travels around the world as the Ambassador of Happiness & Quality of Life. After the international best-sellers *The World Book of Happiness* and *The World Book of Love*, he presents his new title, *The World Book of Hope*.







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