Average Book Value Change (%):

$$\left(\left(\frac{C}{O}\right)^{\left(\frac{1}{Y}\right)} - 1\right) * 100$$

C = Cash Taken Out of Business ($)
O = Old Book Value ($)
Y = Number of Years Between Book Values

Intrinsic Value ($):

$$\frac{(D)\left(1-\left(\frac{1}{1+\left(\frac{R}{100}\right)^{Y}}\right)\right)}{\left(\frac{R}{100}\right)} + \frac{(C)\left(1+\frac{A}{100}\right)^{Y}}{(1+\frac{R}{100})^{Y}}$$

D = Cash Taken Out of Business ($)
R = (Discount Rate) 10 Year Federal Note (%)
Y = Years
C = Current Book Value ($)
A = Average Book Value Change (%)