



Positive Thinking: Getting the Life of Your Dreams The Psychology Behind Thinking like an Optimist to Inspire Personal Transformation, Personal Growth, ... Success, Happiness, Leadership Book 1)

Misty Jordyn

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POSITIVE THINKING

Some people are happy and fulfilled, while others are miserable. What makes the difference? What is it that makes successful people happier than others?

By the end of the book, you will have all the tools necessary to make your life a very rich place indeed, where there is hope, dreams, ambitions and there is also time to enjoy each day. As the sun rises on another day, think yourself lucky that you found yourself on this page on the Internet, presented with the possibility to improve your lot in life. It is an opportunity not to be missed and one which will enable you to reach for all of the good things that await everyone, once they know how to get past the hurdles life puts in the way.

In POSITIVE THINKING you will learn:

- The damaging effects of negative emotions
- How to reinforce positive thoughts
- How to learn compassion
- The importance of wisely choosing your friends and moving on without toxic friendships.

What's so essential about a positive outlook is that this positivity drives human beings and helps them to achieve happiness and fulfillment. By choosing the right kind of people to go through life with, and by visualization, you really can become happy in your life and help to ease all the stresses that life puts in your path. **When you have done all of the exercises, go back and do them again. Repeat the process until you are sure that each one is covered and that you have achieved the goal set.** Your life will become a happier place and you will find that troubles melt away, stresses move into the background and are much more easily tackled. The system is tried and proven to work, but you need to accept your central responsibility in achieving the goals.

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