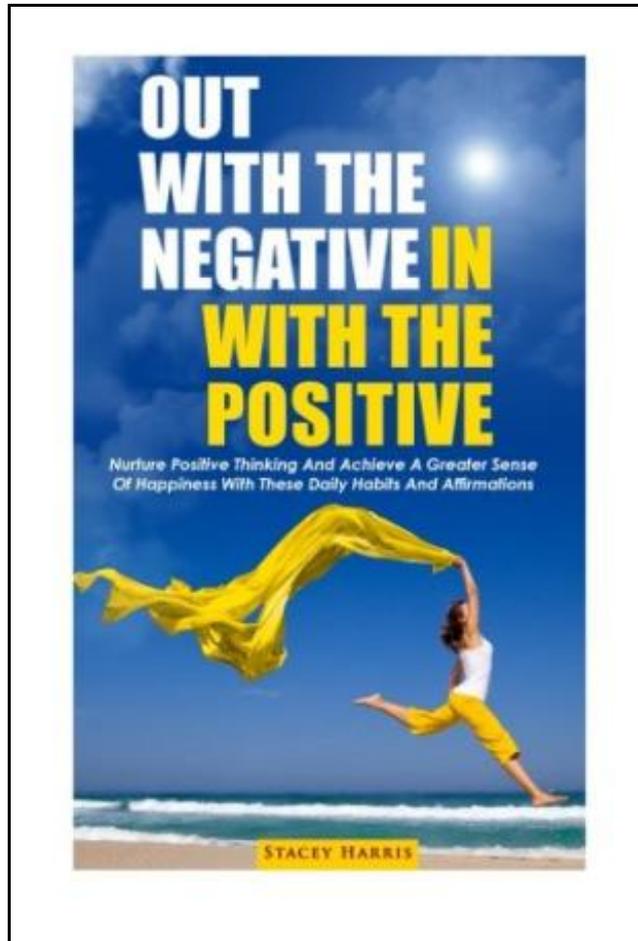


## Out with the Negative, in with the Positive: Nurture Positive Thinking and Achieve a Greater Sense of Happiness with These Daily Habits and Affirmations



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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Out With The Negative In With The Positive: Nurture Positive Thinking And Achieve A Greater Sense Of Happiness With These Daily Habits And Affirmations Both experience and extensive research studies have shown the benefits of positive thoughts and the detrimental impact of negative ones. They control personal outcomes for health, productivity, emotional well-being, and relationships. Research has demonstrated this to be true for cultures and people all around the world. After defining positive thinking, and with support from some of these studies, the author explores the benefits of overcoming negative thinking on the personal and professional happiness of people. One thing is very clear through it all: Positive thinking should never be considered unrealistic. It isn't blind and does not deny reality. This book is directed toward those who need simple and practical steps to change from negative to positive thinking. You are sure to find it useful. By Reading Out With The Negative In With The Positive, you will learn: How you can be in charge of your own happiness through practicing the eight happiness habits that the author explains How to find contentment and satisfaction where others only have frustration How to shake off envy and jealousy before they ruin your day How to experience personal enjoyment through the successes of others How to benefit from negative experiences How to balance a fulfilling purpose with the desire for pleasure. How to actually find your greatest pleasure within your purpose! How to fill your life with meaningful vision and activities that matter How to maintain friendships and expand that circle even more Five little habits that can make a big difference in your daily outlook on...

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