



Positive Thinking: A Powerful Positive Thinking Guide Aimed at Eliminating Negativity, Negative Thinking, Negative Self Talk, Self Doubt, and Embrace Living a Positive and Happier Life (Paperback)

By Alpha Heru

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Life is tough; that s a fact. Zen Buddhists say it is full of suffering! Nonetheless, some people are still able to find something to smile about, be happy and live a fulfilling life irrespective of how challenging the situation seems as others languish in self pity, self hate and a cycle of negative thoughts. The question is; what separates those who emerge victorious, happy and fulfilled from those who only sulk and blame their circumstances, environment, people and lots of other things for what happens in their life? What makes some people end up suffering from stress, anxiety and depression when exposed to similar circumstances as others who are positive, happy and victorious? Is it in their DNA? Is there a way through which you can transform your life for the better? Well, the answer has nothing to do with DNA and everything to do with thought patterns. In simple terms, what happens after you are exposed to different situations greatly depends on what goes on in your mind. If you see the glass as half full as opposed to half...



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