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Positive Thinking: for Beginners - Positive Thinking Guide - How to stop Negative Thinking - (How to stop Negative Thoughts and Negative Self-Talk - How ... - Motivational and Aspirational Book 1)

Clara Taylor

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Life is full of challenges. There are times when you will feel like you've done everything to the best of your ability, but in the end, it still didn't work. Have you ever wondered why?

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…Was it because life is unfair, or was it because you were actually "expecting the worst"? Have you considered expecting the best instead? You may think, "Of course, I considered great things to happen!", but science says otherwise. People who are preparing for something are found to be thinking more of the bad things that could happen than the positive outcomes.

More often than not, thinking about unfortunate events actually make it happen. Hoping that you will not be late for a meeting will cause you to be late. Thinking of saying a complex sentence inappropriately actually makes you tongue-tied. Do you know why? It is because your thoughts have the power to change things and events. In this book, you will learn how to master positive thinking by learning about the power of thought and the Law of Attraction. With these core principles, this book will teach you ways on how to think positively by hacking your body, your speech, and your actions.

You will know about scientific studies that proved the benefits of positive thinking. You will also be introduced to the successful life teachers who used positivity to become successful. Finally, you will be provided with step-by-step guides on how you can do it yourself. You are on your way to becoming a positive person who will enjoy living a good life by spreading the positive vibrations to the world!

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- Chapter 3: Mind over Matter: The Power of Intention
- Chapter 4: Mind over Society: The Power of Mental Communication
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- Chapter 6: Become a Positive Thinker: Start with Your Body
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