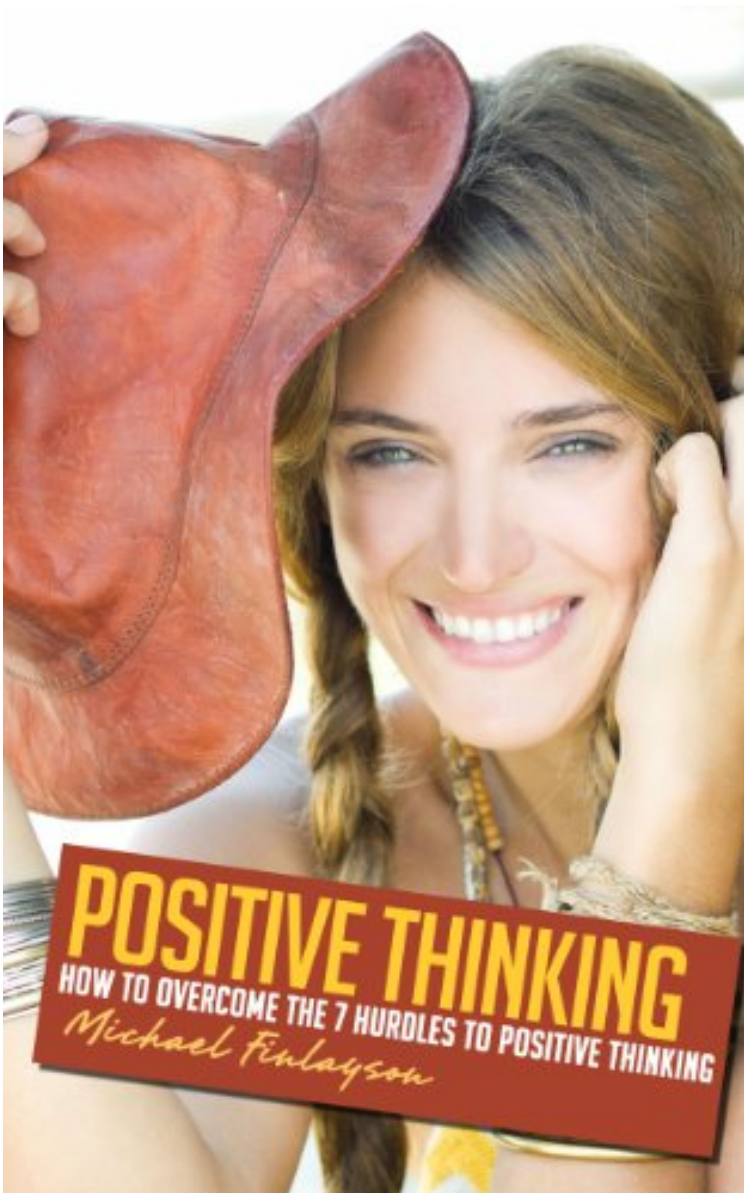


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# Positive Thinking: How to Overcome the 7 Hurdles to Positive Thinking (Your Personal Development Book 3) (English Edition)



*Par Michael Finlayson*  
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#746146 dans eBooksPubli le: 2013-05-  
19Sorti le: 2013-05-19Format: Ebook  
Kindle

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Overcome the 7 Hurdles to Positive  
Thinking (Your Personal Development  
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## Description :

Prsentation de l'diteurThink Positive and Stop Negative ThinkingBeat the 7 Hurdles to Positive ThinkingIt's a fact that we lead busy lives and are under constant pressure to achieve success. There is a global increase in work related stress. The concept of a job for life has been consigned to the history books. We live in a

consumer driven society, we see things that we want and can't afford, and as a result personal debt levels keep on rising. With all of this going on, it's small wonder that the levels of depression are rising. Today it's far too easy to unconsciously slip into negative habits. Today it's far too easy to get trapped into a downward spiral of negative thought, and very difficult to break free. Negative thinking can have a massive impact on who you are, and your health. But it doesn't have to be like that! Positive thinking for life...After that cheerful introduction, the only way that I can respond is to introduce my positive thinking book. Inside it I delve into the 7 hurdles to positive thinking and how to deal with them. The main purpose of this book is to help you to deal with you and your mind. The mind can be a wonderful thing, but left to its own devices it can play havoc with your life. When you have control of your mind then you can take control of your direction, you can actively pursue your ambition and your goals. Which all sounds great, but until you take action and engage your power of positive thinking, then you will never achieve your potential. I want to help to change your mindset. I want to help change the way that you look at yourself. I want to help change the way that you deal with situations. All of this is possible! It might take some time, because if your mind has grown used to thinking one way, then it tends to resent being pushed in a new direction. Once you have attuned your mind to positive thinking, once you have taken control of your direction, once you are creating forward momentum in your life, then who knows how far you can travel or what you will achieve. The 7 Hurdles to Positive Thinking

You are your own worst enemy. The one thing that can stop you from reaching your potential, is you. Being a realist will hold you back. You have to take a leap of faith and step outside your comfort zone. If you want to move forward then you have to build psychological momentum. Do you love or hate your job? Does it raise you up or grind you down? You have to learn to ignore the minutiae. If you can't deal with your fear of mistakes then you will never achieve your goals. As a positive thinker you have to believe in yourself, there is no room for self-doubt. No matter what you do now, I want you to remember one simple phrase. I want you to look at yourself in the mirror and tell it to yourself over and over again. That simple phrase is, "I AM GREAT!" Say it and believe it. Well my friend, it's that time when I ask if you are ready to take action, if you are ready to take control of who you are and what you can do. If you are then please click the buy button, and I wish you all the very best as you move forward with your life. Presentation de l'auteur

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