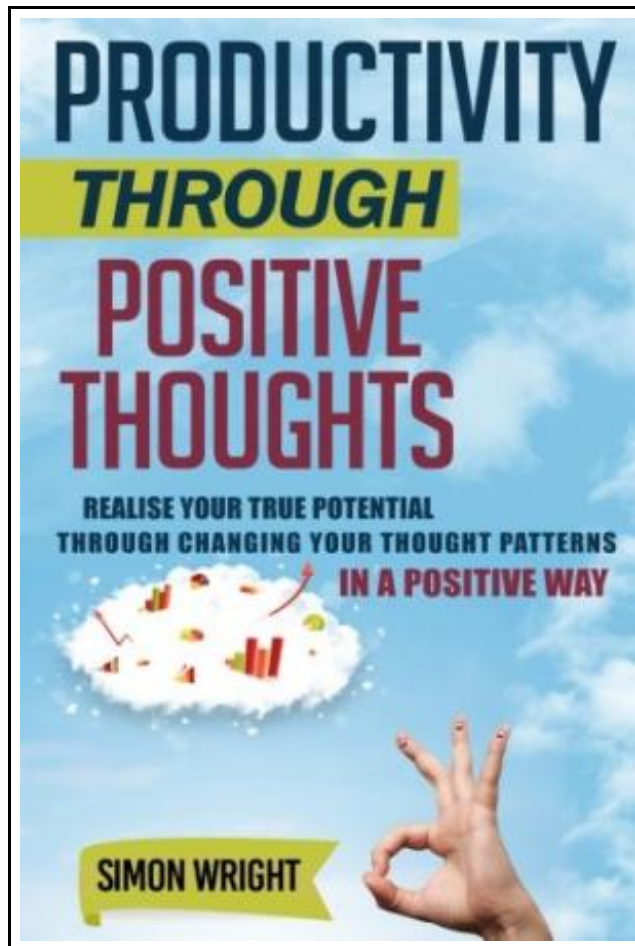


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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Productivity Through Positive Thoughts: Realise Your True Potential Through Changing Your Thought Patterns In A Positive Way Can you identify the ways that negative thinking can impact your health and well-being? Can you spot those times when your own negative attitude has damaged relationships and harmed your reputation? What about how those negative thoughts have caused you to feel exhausted, depressed and ready to give up on important goals in life? In this special book by productivity expert Simon Wright, you will learn how spot negative thinking before it jeopardizes your future. You ll also discover how to turn those thoughts into a positive, motivating vision. Clearly, the author has applied these principles in his own life, so he can also help you to experience how positive thoughts can transform every area of your life. Let s face it, successful life is a joint venture. But negativity repels the very people who could help you fulfill your dreams and help you reach your goals. Sadly, the last person to recognize negative thinking is the person who has allowed them to become a habit. Stop making yourself miserable. Stop ending each day feeling like a failure. Stop digging yourself deeper into misery. Take your first step toward a better day - right now! In Productivity Through Positive Thoughts you will learn: Scientific evidence for the effects of negative thinking on the human body, mind, and emotions How positive and negative expectations impact our health Ways that positive or negative attitudes can enhance or disrupt valuable relationships 14 signs that can help you recognize your own negativity. 4 steps you should take to eliminate the physical factors affecting your attitudes...



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