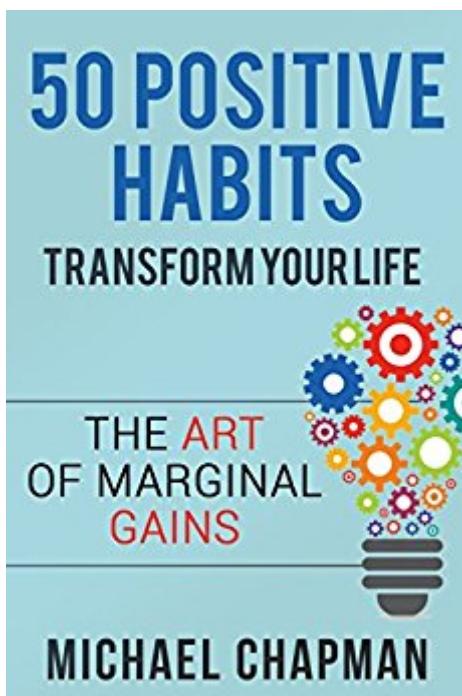


The book was found

Positive Thinking: 50 Positive Habits To Transform You Life: Positive Thinking, Positive Thinking Techniques, Positive Energy, Positive Thinking,, Positive ... Positive Thinking Techniques Book 1)



Synopsis

Positive Thinking: 50 Positive Habits to Transform your Life

Like everything else in life, though, being positive needs the right mentality. In this book we are going to further investigate this mentality and make sure that we can impress it on those around us. Everything we want to do, and everything we wish to achieve, needs to be driven by the power of positivity.

Positive Thinking Techniques - Positive Thinking -Positive Intelligence

Here, we're going to break down why that positivity matters and why you can use it. More importantly, we are going to break down the five most important sectors of your life that a positive attitude can improve. We'll help you see how you can change your fitness, your mentality, your emotions, your lifestyle and your productivity. Through these tips and ideas, you can infuse your entire lifestyle with a more positive way of looking at the world.

In this book, you will receive plenty of help and benefits, making it easier than ever to change your mindset and mentality. You'll get help with the following; Ideas on how to stay fit and how to start moving yourself towards a fitter, fairer state of body and mind. Mental habits to ensure that you have the best mindset possible moving forward to changing and improve your life. Emotional assistance, making sure that you can understand how to keep a clear head when you need to most. Lifestyle plans and habits which are all about helping you become a more steady, stable influence on your life and the world around you.

Positive Thinking: The Art of Marginal Gains

Personal habits that are bound to help you change the way that you live, think and operate. By using this book, then, you will be sure to: See consistent and continued improvement in the way that you live your life and work. Improve your body, your mind and your mentality to help you get through tough days and make sure you can always be at your best. Look fitter, healthier and happier all around. Give your body and your mind the help it needs to run at peak fitness and form. Does this sound like the kind of help that you have been looking out for? Then keep reading on. This book breaks down the importance of having more positive habits in your life.

Positive Thinking, Positive Thinking Techniques, Positive Energy, Positive Thinking, Positive Psychology, Positive Affirmations, Positive Habits, Positive Thinking, Positive Intelligence, Positive Thinking Books, Positive Discipline, Positive Thinking, Positive Thinking Techniques, Positive Energy, Positive Thinking, Positive Thinking Techniques, Positive Thinking Books, Positive Energy, Positive Psychology, Positive Affirmations, Positive Habits, Positive Thinking, Positive Thinking Techniques, Positive Energy, Positive Thinking, Positive Psychology, Positive Affirmations, Positive Habits, Positive Thinking, Positive Thinking Techniques, Positive Energy, Positive Thinking, Positive Intelligence, Positive Thinking Books, Positive Discipline, Positive Thinking, Positive Thinking Techniques, Positive Energy, Positive Thinking, Positive Thinking Techniques, Positive Energy, Positive Thinking, Positive Thinking

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Customer Reviews

Michael Chapman is a really great author. I had never heard of him until I purchased his "Positive Thinking" book and then this one. Both are very well written. You can tell it is written from his prospective , so you feel a bit of connection with the author. At the top of each page is an easy goal to set for yourself and to train your brain to take away the negativity and replace with positive. I struggle with waves of negative through out my weeks and it had become very hard at times to not just give in to the negativity that flooded my brain. While reading this book through out my days i

would notice myself using tips from his book to redirect my brain and my mood. I am really impressed with his writing and truly look forward to his other books. Life can be rough and we go through hard times that seem to last for ever, but with the right tools we can slowly train ourselves to replace those negatives with a bit of positive and in turn help us succeed in life, and feel better about ourselves.

Michael Chapman has become an optimist and his journey to positive thinking he shares in the beginning of this sensitive little book on creating positive habits. “By simply having that extra positivity in your life, you can really start to move mountains and make your life in general so much easier thanks to the major improvements it provides. So, how do I know about this kind of stuff? Because, much like you, I was there. I used to see everything in a negative nature. Before long my friends, family, colleagues and clients were sick of listening to me. Everything had a “But” and nothing was allowed to pass without a negative slant. This crucially negative thinking, though, was beginning to reflect on my lifestyle, my goals and my way of thinking. So, I thoroughly researched every part of my life that I found could be hampered by being more negative and I found it was something that hampered everything about me. My personality, my mindset, my beliefs, my understanding of the world around me! everything was just so negative! This is why I made the change to where I am today and it’s why you can get the same incredible change of mentality, beliefs and lifestyle. In this brief but concise book Michael shares his concepts on how to establish a positive habits, and very briefly the areas he discusses are as follows

- Fitness Goals and Habits (Walking Every Day, Staying Active, Working Out, Jogging on the Spot, Bedroom Activity, Parking Away, Stretching Properly, etc),
- Mental Habits (Looking at Negativity, Thinking About Success, Noting your Positivity, Detailing the Positives, Challenging Assumptions, etc),
- Emotional Habits (Meditate for Success, Diaphragmatic Breathing, Walking, Meditation, Identifying Emotions, Putting Perspective Together, 5 Minute Breaks, You Are What You Eat, Handling Negative Emotions, Sitting Outside, Mental Redirection),
- Lifestyle Habits (What are Your Values?, What are Your Passions?, Creating a Vision, Inspiring Yourself, Challenging Beliefs, Letting Go, Selfish or Selfless?, Stopping Yourself Short, Defeating Excuses, Creating, not Reacting),
- Personal Habits (Simplifying your Day, Establishing your Goals, Beginning a Project),
- Developing Habits (Determining Productivity, Batching for Success, Creating Priority, Waking Earlier, Working in Bulk, Learn to Say No).

Just reading through these

habits is stimulus to read this valuable book very carefully and adopt these positive habits. After taking us through the steps toward positive habits that Michael has traveled he closes his book with the statement, "Now, I feel more confident and in control of my future than ever before. I've stopped making the same mistake and instead am now living the life I intended to!" Sound simple? If so then that is the manner in which Michael encourages us all to make changes. Common sense, yes, but offered in a very positive manner. Grady Harp, September 16

I found myself to always be a negative persona and I don't really stop to see the positive side of things. I always just jumped to what was negative about everything no matter what it is. This book helps you change the way you think of things by changing the way you see things. If you change the habit of automatically thinking the worst right away you give your self the chance to thrive in life rather than being scared of the outcome. This books gives you the reason it will help you become more positive under each subcategory. It also explains on where you will be if you don't follow what it said and where you will be. I feel like this is very easy to read and gets straight to the point. It tells you what you will be talking about in each section and then goes into detail. If you are stuck and just need a little positive reinforcement and help turning your negative thoughts into positive then this 53 page book is for you. (I did not attach photos because my daughter got ahold of the book before I was able to take pictures and I did not want anyone to think it came damaged)

I enjoyed the simplicity of the format. Each section is outlined by speaking of a specific problem, the proposed change, what would happen if you don't do it and what would happen if you do do it. However, the suggestions are ones that many have likely tried before attempting to find a personal self help book. The suggestions are things like taking a walk in the morning, reflecting on why you were thinking negatively, etc. The changes proposed are simple in the extreme but don't cover exactly how to ensure consistency of keeping the change. I gave it three stars because the book tells you what to do but not necessarily how to do it and stay consistent with it. In addition the book focuses mainly on making these changes to an office/working environment which I currently am not in.

This is a very helpful book that provides the readers with suggestions for habits that will make the reader's life more positive. I think the information is very useful and I enjoyed reading the book.

If your looking for a book that really transforms you this is the book. I find this book to be very interesting. In this book he goes over fitness goals and habits like walking everyday, working out, teaming up and how they can better yourself. Mental habits like thinking about success, accepting your success, reviewing your failures and how you can better yourself with this change. Also in this book he goes over emotional habits, lifestyle habits, personal habits, and developing habits. This book really does help. I would definitely recommend this book to anyone and everyone.

I think more than anything it was the format of this book that made everything seem to be overstated and redundant. The premise is good, but it didn't really come through.

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