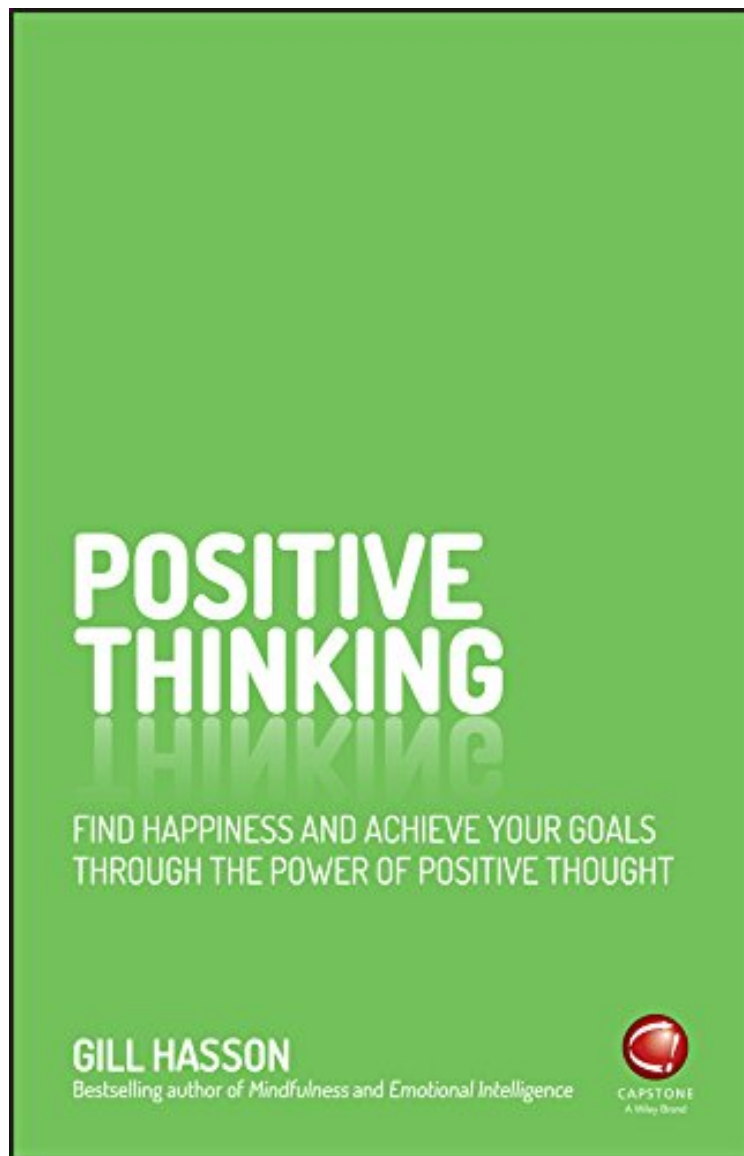


(Download free pdf) Positive Thinking: Find happiness and achieve your goals through the power of positive thought

Positive Thinking: Find happiness and achieve your goals through the power of positive thought

Gill Hasson

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#963601 in eBooks 2016-11-29 2016-11-29 File Name: B01N2OHPFJ | File size: 26.Mb

Gill Hasson : Positive Thinking: Find happiness and achieve your goals through the power of positive thought before purchasing it in order to gage whether or not it would be worth my time, and all praised Positive Thinking: Find happiness and achieve your goals through the power of positive thought:

Bestselling author Gill Hasson is back to help you learn how the power of positive thinking can change your life. Are you stuck in a rut? Do you feel plagued by negative thoughts and emotions every day? Gill Hasson, the bestselling author of *Mindfulness* and *Emotional Intelligence*, is back to help you move on from those pesky negative emotions and focus on the positive instead. Gill's practical and reassuring approach to the benefits of positive thinking will have you applying it to your own life every day. If you struggle to see past setbacks both at work and at home, it can be tricky not to let those negative emotions affect you in every area of your life. This book will give readers the tools to view life with a positive outlook and charge ahead in achieving goals that once seemed out of reach. Learn how to:

- Identify the triggers for negative thoughts and understand how to turn them into positive ones
- Deal with setbacks and make the most out of negative situations
- Improve your happiness by accepting situations and learning how to move forward
- Understand how the power of positive thinking can help you achieve your goals

The power of positive thinking is not a new idea; it's been around long enough to become almost a cliché, but there's a reason behind its longevity: positivity works. This book shows you how to break through the clouds today, and start working toward the life you want.

"Gill's practical approach and very readable style of writing and informative approach to the benefits of positive thinking will greatly assist you in your everyday life." (*Management Services Journal*, June 2017) "This book is a quick read that will leave you incredibly inspired." (*Woman's Way*, January 2017)

From the Back Cover: **LIFE'S TOO SHORT. BE HAPPY.** Staying positive in the face of personal and professional setbacks can be tough, and those negative thoughts can soon drag down every part of your life. Don't be plagued by negativity. **THINK POSITIVE. STAY POSITIVE. NO MATTER WHAT.** Learn how to live positively with the help of bestselling personal development author Gill Hasson. Let Gill rescue you from the negative voice beating you up and show you how to let go and focus your energy on taking concrete steps toward your goals. *Positive Thinking* walks you through:

- Identifying the triggers for negative thoughts and turning them into positive ones
- Accepting setbacks and making the most out of undesirable situations
- Muting the impact people's negative attitudes have on you
- Using positive thinking to motivate positive action to get what you want
- Getting addicted to positive thoughts and growing your self-esteem and confidence

The single most important step you can take to reach your goals is to train your brain to think positively. *Positive Thinking* is your programme for learning the new language of positive thought and finding the strength in those beliefs to act and make things happen.