



# Positive Thinking: Your Ultimate Guide to the Power of Positive Thinking and How to Achieve It Now?

*Keith Evans*

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Your mind is like a magnet, as you go through life, you keep attracting ideas, lessons, behaviors that form your internal blue print. This blue print forms your identity. These ideas, and behaviours influences what thoughts keep flooding your mind and the association you make of those thoughts? In this book you learn how to go after what you want without worrying about your thoughts.

## Here is a Preview of What You Are Going to Learn

- Positive Thinking and why you should care about it?
- What positive thinking is not about and yet it's very popular
- Understanding your thought patterns and your identity
- How negative thoughts play out in your mind and how to eliminate them
- What not to do? The things that can stand in your way while channeling your energy
- How to adopt the positive thinking attitude now and make it stick in the long run
- How to arouse the courage to start making the necessary changes in your life by taking advantage of momentum
- How to stay persistent and make sure you stick with your goals even while experiencing doubts.
- The five keys to succeed in any area and how to negotiate them.
- How to uncover your most important values and create personal boundaries.
- How to kill the self-illusion fallacy of **I can if I wanted to... I**

“Reading this book gave me my life back. A few years back, I worried a lot, procrastinated even the smallest of things. I lost all my zeal, motivation, self-trust and confidence. I stayed indoors some of the time. It got so bad, I thought the world was closing on me, I was in mild depression. This book helped me built courage and motivation to take small steps. I mostly found the morning affirmations and statement I wrote down every day to be very helpful”

Negative thinking, Inspirational quotes, staying positive, thoughts on life, how to stop negative thinking, positive mental attitude, Power of positive thinking, Self-esteem and confidence, personal development  
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