



**Positive Thinking: How to Achieve Real Success & Happiness in Your Life with Positive Thinking, Self-Empowering Affirmations and Taking Action - Do It ... Your Brain, Change Your Life) (Volume 3)**

*Paul Goleman*

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## **POSITIVE THINKING**

**It is never a good idea to give up on life, having not tried to make a difference because you never know how far you can go unless you take action.**

I am sure you have heard about the idea of creating greatness through positive thinking which is good. There is, however, more to that and that is exactly what this book will enlighten you on. It is always vital to think and be positive in life, but positive thinking alone will not make you successful. Many of us live lives where we allow our dreams to die at heart and forget that with the right kind of mindset, so much can be accomplished. We ask ourselves so many questions like “where should I start from,” “what should I do,” “how should I handle this,” all these and more will be very well answered in the book. There is so much covered in the book, and every chapter of it introduces you to very helpful information.

### **Chapter One:**

**gives you a deeper understanding of what it means to be a positive thinker and the benefits it will bring to your life.**

### **Chapter Two:**

**opens you up to the idea of determining what you want in life as a way of increasing your chances of living a happy and successful life. It also enlightens you on the idea of using affirmations for personal development, giving examples of some.**

### **Chapter Three:**

**There is always a way that people do things and could be the reason for their achievements. This chapter introduces you to the particular habits that successful people maintain, and how it could be the reason for their accomplishments.**

### **Chapter Four:**

**This Chapter makes a great effort in making you know that there is more to being successful than just thinking positively and emphasizes its ideas by aligning it with the story of Steve Jobs.**

### **Chapter Five:**

**Chapter five provides compelling and effective steps that one should follow if they want to be more successful and also lead happy lives. It gives you an idea of what is required of you to create a life of meaning and purpose.**

There is more to every chapter, and I hope that this book will have an impact in your life and that it will

allow you to create the life you have always dreamt of. This is a life changing opportunity for you if you follow through every lesson laid out in this book for you.

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