



**POSITIVE THINKING: Self Help - Embrace The  
Power of Positive Thinking (Positive Thinking,  
Positive Psychology, Optimism, Positive Thoughts,  
Stop Negative ... Fear, Zen Buddhism, Self Help  
Book 1)**

*Daniel Robbins*

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## **Are You Feeling Down Because Of Those Bullsh\*t Negative Thoughts?**

This book was designed to be a quick "pick-me-up" filled with simple strategies for transforming your mind and your life. It is a quick, easy read that will boost your spirits so that you can feel good again.

*Research has shown that negative self-talk is one of the primary culprits to people moving forward in life with their relationships, career, and most importantly your overall happiness. Negative thoughts can be a contributing factor to depression and anxiety, illness, and even cancer leading to a premature death.*

## **Inside You'll Receive:**

- **Strategies to get rid of negative thoughts in a matter of minutes**
- Strategies you can implement today to have a new positive perspective
- **How to turn negative thoughts into positive ones**
- And Much More!

*Imagine How Refreshing It Will Feel To FINALLY Smash All Your BS Negative Thoughts...*

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