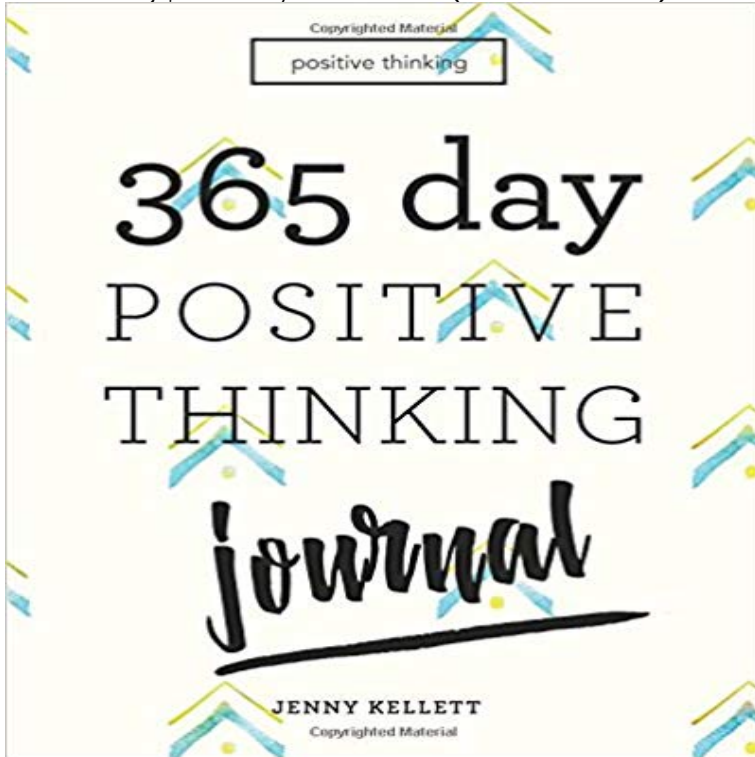


Positive Thinking: 365 Day Positive Thinking Journal: Bring positive thinking into your life (Volume 1)



Positive Thinking Embracing positive thinking is the best thing that I ever did for my life. Suffering from depression and anxiety for many years, it has always been easy to fall back into the trap of negative thoughts. It really is true that positive thoughts result in a positive life, but sometimes it can be difficult to see the light at the end of a dark tunnel. In this book 365 Day Positive Thinking Journal you are given a simple daily prompt to remind yourself about the good things in life. Each day, you are encouraged to only write about the things you loved about your day. Perhaps you didnt have a good day simply twist that around into a positive thought. What did you learn out of your bad experience? Positive thinking has been shown by scientists and researchers to be a powerful tool in improving mental health and boosting motivation and productivity. Other benefits, as listed by the Mayo Clinic, include: - Increased life span. - Lower rates of depression. - Lower levels of distress. - Greater resistance to the common cold. - Better psychological and physical well-being. - Reduced risk of death from cardiovascular disease. - Better coping skills during hardships and times of stress. Included in your positive thinking journal are daily quotes that can help to inspire you to be a better, more motivated you. Find your favorites and write them down somewhere you look regularly for an instant positive thinking boost! If youre ready to find out just how powerful positive thinking can be, scroll up and buy today.

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