



## Positive Thinking: What It Really Takes to Free Yourself from Negativity (Paperback)

By Vishal Pandey

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The sole purpose of Positive Thinking is to help readers shift to a more optimistic mindset in order to attain happiness and fulfillment in life. The author struggled with habitual negative thoughts low self esteem for thirteen years. His tussle with negativity drove him to the world of human psychology and behavioral science. But something was missing. Happiness and positivity still eluded him. It was not the complete solution. His search for an answer led him to eastern philosophy. Thousands of years old wisdom perfectly complemented modern day science. Combining the two, he was able to change himself from gloomy, pessimistic to an optimistic person. This book contains the most important thoughts and concepts that helped him shift his own mindset. Several myths about negative and positive thinking are debunked, guiding the reader through what really works by taking a realistic and practical approach. Because negativity is a product of multiple issues functioning under the surface, the subject of negative and positive thinking has been broken into multiple levels. Readers are taken through building self belief to improving their health to finding...



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