



Positive Attitude Handbook: Five Easy Steps to More Positive Thinking in Five Minutes a Day

Maxine Swisa

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Bumps in the road are more than unpleasant circumstances in life; they provide us all with opportunities to grow. Understanding that these opportunities ultimately make us stronger and wiser enables us to lead a hope-based life where we look for options and choices when challenges arise. In reality, we do not always think like this. Fortunately, this unique, practical resource helps readers learn to be more positive in their thinking and more proactive on a day-to-day basis. Specifically designed with easy steps that incorporate breathing, gratitude, and kindness, Positive Attitude Handbook teaches readers how to adopt positivity into their lives and follow a hope-based point of view. An upbeat self-help book, Positive Attitude Handbook guides readers down the path toward a better attitude. Designed to help readers become more proactive and positive in their daily lives, the guide assists readers in the most easily accessible and non-judgmental ways possible. A thoroughly helpful guide to self-improvement that will change readers' lives for the better, this book will have readers everywhere feeling better and more positive about life. Written as an understandable and easily implemented guide to a more positive life, Positive Attitude Handbook will appeal to anyone interested in bettering his or her life. Encouraging healthy steps that lead to more positive thinking, the guide simplifies the process by providing methods that do not require a significant commitment of time, energy, or resources. A simple yet profoundly life-changing guide, this exceptional resource provides readers with the necessary tools to lead happier, healthier lives.

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