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Nota di bibliografia	Includes bibliographical references (pages [167]-169).
Nota di contenuto	Cover -- Positive thinking -- Contents -- About the author -- Author acknowledgements -- Introduction -- Choosing to think positively -- Is your glass half full or half empty? -- Transform your outlook: Towards a new way of living -- Look after yourself: Feel good about yourself -- Goals and purpose: Give your life direction -- Stress, worry, anxiety: How to confront your demons -- Anger and irritation: Know (and control) your triggers -- Positive thinking, not magical thinking: How to accept the ups and downs -- Conclusion -- Further reading and references.
Sommario/riassunto	Positive thinking is about being able to accept the ups and the downs of life, to feel grateful for what we have and to look forward to the future. Brilliant Positive Thinking will show you how to reap the benefits of positive thinking, giving you the necessary the tools to make the most of your life, whatever you have experienced. Includes: <ul style="list-style-type: none"> · Information on transforming negative feelings to positive feelings in simple steps · Guidance on how to deal with negative people and lessening their influence on you · Identifying your emotional triggers and learning to control them