

1. Record Nr.	UNINA9910154625603321
Autore	Hasson Gill
Titolo	Positive thinking : find happiness and contentment through the power of positive thought / / Gill Hasson
Pubbl/distr/stampa	Chichester, West Sussex, England : , : Capstone, , 2017 ©2017
ISBN	0-85708-691-X
Edizione	[1st edition]
Descrizione fisica	1 online resource (108 pages) : illustrations
Disciplina	150.1988
Soggetti	Attitude (Psychology) Positive psychology Self-esteem
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Includes index.
Nota di contenuto	Introduction -- You are what you think -- Moving on from negative thinking -- Taking positive action -- Finding and keeping motivation -- Creating a positive mindset -- Building your self-esteem and confidence -- Dealing with disappointments and setbacks, trauma and tragedy -- Managing a fear of failure, perfectionism and comparing yourself with others -- Conclusion.
Sommario/riassunto	Bestselling author Gill Hasson is back to help you learn how the power of positive thinking can change your life Are you stuck in a rut? Do you feel plagued by negative thoughts and emotions every day? Gill Hasson, the bestselling author of Mindfulness and Emotional Intelligence , is back to help you move on from those pesky negative emotions and focus on the positive instead. Gill's practical and reassuring approach to the benefits of positive thinking will have you applying it to your own life every day. If you struggle to see past setbacks both at work and at home, it can be tricky not to let those negative emotions affect you in every area of your life. This book will give readers the tools to view life with a positive outlook and charge ahead in achieving goals that once seemed out of reach. Learn how to: Identify the triggers for negative thoughts and understand how to turn them into positive ones Deal with setbacks and make the most out of negative situations Improve your

happiness by accepting situations and learning how to move forward
Understand how the power of positive thinking can help you achieve
your goals The power of positive thinking is not a new idea; it's been
around long enough to become almost a cliché, but there's a reason
behind its longevity: positivity works. This book shows you how to
break through the clouds today , and start working toward the life you
want.
