

How to practice

positive thinking

- Be true to yourself
- Seek good in the world
- Be clear about your goals & pursue them with passion
- Practice positive affirmations
- Add positivity to your everyday life
- Start the day by deciding to be happy and have a positive outlook
- Reflect on what you are grateful for



BRIAN TRACY
— INTERNATIONAL —

More Positive Thinking

Paul Goleman



More Positive Thinking:

Positive Thinking Aya Chante, 2017-02-17 Kickstart your day positively If you feel your daily life is a blur that you aren't achieving your goals or excelling in your tasks and that everything is mundane and slow it's time to change that attitude because the only thing that is stopping you from enjoying a fulfilling successful and worthwhile life is your negativity Yes negative attitudes and mindsets is one of the biggest obstacles that disable creative thinkers movers and shakers from achieving success beyond their wildest dreams If you want to change the way you look at the world engage in healthy activities increase your productivity strengthen your relationships and pave the way to higher success then the first thing you need to do is change your perspective and outlooks on how negative and positive emotions play their different roles in our lives Inside you will find How positive and negative thinking helps build our character Changing perceptions on failure How faith and belief are a central part of how we see the world and think How to Build your own Treasure Map And much much more Other Benefits of owning this book Gain the positive mindset to improve outlook Learning how to leverage failure and pain and use it to achieve success Being stress free and living a healthier and more productive life

Positive Thinking: Self help: Discover the Power of Positive Thinking and Change Your Mindset to Become an Optimist (Using The Power of Belief to Destroy Negativity) Jerome Wise, Positive thinking is the best and most powerful tool you can have to achieve happiness and success Research studies confirm that it brings about happiness health success inner peace improved relationships and longevity It makes your life easier richer and more fun It is also contagious People around positive people become positive themselves and very soon the whole place is a great place Unfortunately many are not able to use this wonderful force because they are bogged down by negative thinking which does the exact opposite You need to change your mindset to positive if you want to experience and achieve happiness and success in your life What do you usually do when you are bombarded with a lot of challenges in your life Do you easily give up and stay in the corner cursing and blaming the universe for your problems Do you depend on your vices just to cope up with the stress of it all Or you simply shut other people out of your life and live in your own dark and dramatic world When facing problems do you then feel that there's no escape and you wish that you could magically be gone in an instant If that's the case then you seriously need to reboot yourself start thinking positively and live life extraordinarily You are about to discover how to Become a happier more centered and positive person Reduce stress and anxiety Experience a period of calm that can open new doors to self awareness each day Let go of the negative thoughts and emotions holding you back Become actively aware of your mental and emotional state Reject negative thoughts and emotions Much more Simply scroll back to the top and press the Buy Now with 1 Click button to get your copy today

[Positive Thinking](#) Aya Chante, 2017-02-25 Kickstart your day positively For a limited time only get to own this Amazon top seller for just 13.38 Regularly priced at 20.99 If you feel your daily life is a blur that you aren't achieving your goals or excelling in your tasks and that everything is mundane and slow it's time to change

that attitude because the only thing that is stopping you from enjoying a fulfilling successful and worthwhile life is your negativity Yes negative attitudes and mindsets is one of the biggest obstacles that disable creative thinkers movers and shakers from achieving success beyond their wildest dreams If you want to change the way you look at the world engage in healthy activities increase your productivity strengthen your relationships and pave the way to higher success then the first thing you need to do is change your perspective and outlooks on how negative and positive emotions play their different roles in our lives Inside you will find How positive and negative thinking helps build our character Changing perceptions on failure How faith and belief are a central part of how we see the world and think How to Build your own Treasure Map And much much more Other Benefits of owning this book Gain the positive mindset to improve outlook Learning how to leverage failure and pain and use it to achieve success Being stress free and living a healthier and more productive life Start your journey towards a positive and enriching mindset Take action today and own this book for a limited time discount of 13 38 Scroll to the top of the page and select the Buy now button

Positive Thinking William Anderson, 2016-05-17 Positive Thinking Learn how to change your thinking for a better healthier and more successful life today If you are tired of thinking negatively about your life and are looking for ways to achieve more and lead the life you want to lead then you need to switch your thinking to be more positive And you need to become more positive as quickly as you can Too many people struggle with negativity and never reach their full potential in life leaving them feeling frustrated angry and upset This book will give your practical step by step strategies to change your mind set completely It will show you firstly why it is important to change to a positive outlook how you can become more positive and just as importantly how you can stay positive This guide will give you practical day to day advice that can be applied at home and in the workplace to enable you to realize your full potential today Take action now to change your mindset rid yourself of negativity and achieve all you can Be prepared to give yourself a chance to lead a more successful and happier life filled with optimism Be someone that is always looking forward to the next day If you are looking for practical advice and strategies on how to change your life for the better right now then read this book Learn the following and more in this book How to change from a negative thinker into a positive thinker The physical and mental benefits of positive thinking Over 50 strategies to change your thinking to the positive How to stop negative thoughts ever returning 10 second strategies to give you an immediate mental boost And much more Scroll to the top of the page and hit Buy Now with the 1 click button Tags positive thinking positive thoughts positive quotes positive attitude good thoughts positive thinking quotes the power of positive thinking positive affirmations positive thinking tips thinking positive positive mind positive thinking techniques positive sayings positive discipline positive energy positive intelligence positive workplace positive lifestyle positive habits positive health positive mindset self help healthy mind thankfulness self belief positive self talk happiness contentment happier life optimism optimist meaning life positivity for women positive thinking for children joy be happy motivation stop worrying stop negativity mind hacks positive affirmations willpower positive words

positive lifestyle positive principles Changing Your Life Through Positive Thinking Jennifer N. Smith, 2016-06-29 Negative thinking has never been more abundant than it is today's day and age. All of us are so wrapped up in our work and the coils of modern society that sometimes it can become a burden to take care of ourselves. We forget that we are human and that we have a lot of specific needs to attend to right within ourselves. Most of us are so busy taking care of our responsibilities and obligations that we don't have the motivation or even the education to take care of ourselves and practice positive thinking. Positive thinking has been known for centuries to help us in order to cope with the difficulties of life. Humor has been employed for thousands of years during difficult situations so that we are able to better relieve the stress from these problems. What many people don't realize is that our brains and our bodies are completely related and our mental and emotional state of mind is sometimes purely chemical. We can change our state of mind by changing the way we think and the neural pathways in our brain that are usually connected to negative encircling thoughts. If we interrupt these thoughts we're going to be able to live a healthier and happier life than we ever dreamed possible. If you want to learn more about how to change your life to positive thinking, this book will teach you everything from how to overcome negativity, how we sabotage our efforts toward positivity by talking negatively to ourselves, how stress and anxiety can affect our lives, and how staying healthy can help us be more positive. It also teaches the physical and mental tricks that you can employ to begin utilizing positive thinking in your life today. Positive thinking can change us physically and emotionally, and they can provide us with a longer life and a plethora of physical health benefits. If this sounds like something that you would like to read more about, Changing Your Life Through Positive Thinking has the answers you need about how you can empower yourself and leave negativity behind you forever.

More Positive Thinking Vera Peiffer, 1995 **Positive Thinking** Jane Aniston, 2016-03-04 Would You Like To Feel Unstoppably Positive? Have A Brighter Outlook On Life NOW INCLUDES FREE GIFTS see below for details. Do you tend to struggle with negativity or feel less positive than you would like to? Are you generally a positive person but you'd like to take your positivity to the next level in order to feel happier, achieve more in your life? Would you like to know the EXACT steps and simple techniques that you can use to become someone who thinks, speaks, and behaves more positively? If so, this book will provide you with the answers you've been looking for. Research shows that our outlook on life has a massive impact on not only our happiness but also our personal and professional success, our health, our relationships, and even our life expectancy. Negativity, on the other hand, is toxic and is the cause of so much pain, worry, wasted time, and missed opportunity in so many people's lives. While positive thinking is sometimes wrongly portrayed as something mystical or esoteric, the truth of the matter is positivity is a simple habit which we are all able to form. What's more, the benefits of becoming a positive thinker are almost endless and include a brighter, more optimistic attitude toward life, a can-do attitude which can lead to increased success both personally and professionally, improved cognitive functioning, increased energy, and a stronger immune system. Reduced levels of stress, anxiety, and depression. Improved physical and mental health, including slower aging.

The ideas shared in this book are laid out clearly and simply You ll see how making fairly simple changes in your daily routines can have a massive impact on your life in a relatively short period of time In this book we ll cover The traits that positive thinkers share and how you can begin to build them in your own life Negative thinking Why do we do it what are it s effects and how can we stop doing it Simple and effective steps that we can take which will train our brains to think more positively The difference between positivity and fooling yourself When positive thinking is actually negative and how to avoid mistaking one for the other How to increase positivity in family situations How to be more positive at work How to remain positive when life gets tough How to set your life up so that you remain positive in the long term Also included for a limited time only are FREE GIFTS Don t let a lack of positivity stop you from enjoying the life you deserve for a moment longer Click the buy now button above for instant access and start improving the quality your life today

The Power of Positive Thinking for Teens Zahara Alishah,2023-05-21 The Power of Positive Thinking is a book that is written in a manner that resonates well with teenagers ensuring easy understanding and engagement The author has thoughtfully included exercises at the end of each chapter to reinforce comprehension and reinforce the chapter s objectives These exercises are designed to help teenagers and parents fully grasp the concepts and apply them in practical ways The book specifically caters to young parents who may be new to parenting or have young children It serves as a valuable resource for them to learn how to guide their children towards a brighter and more successful life The author s understanding of the needs and understanding of various age groups is evident throughout the book Having received training as a trainer in Australia the author possesses valuable insights into effective communication and understanding the unique needs of individuals at different stages of life The Power of Positive Thinking offers practical guidance that young parents can readily implement in their parenting journey It equips them with the tools and knowledge to foster positivity resilience and emotional well being in their children By instilling a positive mindset and providing effective guidance young parents can play an instrumental role in shaping their children s lives and setting them up for future success The author s expertise shines through the book s pages providing readers with a wealth of information and actionable strategies With a focus on simplicity and accessibility the book ensures that young parents can easily absorb and implement the valuable insights shared within its pages The Power of Positive Thinking is not just a book it is a guide that empowers young parents to become effective mentors for their children It offers a roadmap to help parents navigate the challenges of parenting and create an environment that promotes positivity growth and success By leveraging the author s knowledge and experience young parents can embrace their role with confidence and provide their children with the tools they need to thrive in life

Positive Thinking Gill Hasson,2016-11-29 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

The Positive State of Mind Patricia Barnett,2016-01-30 We ve all got that one friend The one who never says anything good The one who always sees the bad side in everything Have you ever wondered if it s you Do you struggle to see the good in your life Positive thinking isn t just about making you see the world in a different light it can change your whole life Now most people think positive thinking is a fluffy office term It can be applied to work home and even your relationship The psychology behind positive thinking is impressive Would you like to feel better about yourself Feel more engaged with the world around you Then positive thinking may be just what you need This book will show you just how much your thoughts really can affect your life by explaining the good the bad and the science behind both Learn the steps to being a positive thinker today with The Positive State of Mind Even if you ve tried positive thinking before this book has new approaches and ways to change your actions and your mind Learn all about Negative thoughts and their impact The psychology behind positive thinking How your Brain is affected The Three Parts to Positive Thoughts Other ways to make your life more positive and more Buy this book today and see how your life can improve

Positive Thinking James Jordan,2020-03-29 Uncover how to train your mind and revolutionize your mindsets to become more positive today Do you want to take charge of your brain and beat negativity Looking for powerful strategies to help you transform your mindsets develop a more positive outlook on life and change the way you think Then this is the book for you Positivity is an essential part of life and our mindsets and habits define our success Now this powerful book explores the fundamentals of positivity arming you with the tools you need to transform the way you look at the world overcome negative thinking and develop a happier way of living Covering everything from the basics of a positive mindset to optimism habits that produce positivity how your diet impacts your mindset and the dangers of negative thinking this book is your all in one guide to creating a happier more optimistic life Here s what you ll discover inside this comprehensive guide Understanding Positive Mindsets What Is It and How Can It Help You Why The Way We Think Is So Important Powerful Strategies For Tricking Your Brain Into Positivity Is Positive Thinking and Optimism The Same Thing The Dangerous Ways That Negativity Impacts Your Health Understanding Brain Chemistry and The Science Of Positivity The Little Known Way That Food Impacts Your Mindset

Practicing Affirmations and Mantras And So Much More So don't wait If you're tired of being dragged down by negativity then this is the book for you Radically alter your mindsets break down negative thought patterns change your habits and uncover how you can enjoy a more positive life today With a wealth of practical strategies and insightful advice as well as a ton of tips and tricks now it's never been easier to get started Buy now to begin your journey to a more positive you today

How to Think Positive James Jordan, 2020-01-24 Uncover how to train your mind and revolutionize your mindsets to become more positive today Do you want to take charge of your brain and beat negativity Looking for powerful strategies to help you transform your mindsets develop a more positive outlook on life and change the way you think Then this is the book for you Positivity is an essential part of life and our mindsets and habits define our success Now this powerful book explores the fundamentals of positivity arming you with the tools you need to transform the way you look at the world overcome negative thinking and develop a happier way of living Covering everything from the basics of a positive mindset to optimism habits that produce positivity how your diet impacts your mindset and the dangers of negative thinking this book is your all in one guide to creating a happier more optimistic life Here's what you'll discover inside this comprehensive guide

Understanding Positive Mindsets What Is It and How Can It Help You Why The Way We Think Is So Important Powerful Strategies For Tricking Your Brain Into Positivity Is Positive Thinking and Optimism The Same Thing The Dangerous Ways That Negativity Impacts Your Health Understanding Brain Chemistry and The Science Of Positivity The Little Known Way That Food Impacts Your Mindset Practicing Affirmations and Mantras And So Much More So don't wait If you're tired of being dragged down by negativity then this is the book for you Radically alter your mindsets break down negative thought patterns change your habits and uncover how you can enjoy a more positive life today With a wealth of practical strategies and insightful advice as well as a ton of tips and tricks now it's never been easier to get started Buy now to begin your journey to a more positive you today

Positive Thinking Kamala Adhya ,2018-08-13 Negative thinking can harm us We need to learn how to convert negative thinking to positive thinking to bring good and joy in our lives In this book you will learn 10 powerful tips to overcome negative thinking by using positive thinking approach After reading this book you will become a more positive and happy person

Positive Thinking Express Elodie Laurent, KnowIt Express, 2016-05-06 Get on the EXPRESS for Positive Thinking Know How to Think Positive No Matter What It's always sunny in Philadelphia but why aren't you Not feeling the sunny side are you now Well don't let this dark cloud looming over your head ruin your day Basically you are controlled by your moods and because of the daily grind of everyday life your moods can spiral out of hand and fill you with negativity What if this goes bad What if they don't like me What if I mess up etc Such negative thoughts can only have negative consequences of needless distraction poor productivity and wasted energy and time upon your day Thus don't let negativity beat you around The good news is you can always redirect how you feel from negative to positive We're talking about positive thinking If you are controlled by your moods your moods can be controlled by your thoughts at will By

thinking positively you can neutralize any and all sorts of negativity from your life because why settle for negative thoughts when you can then replace them for positive ones Those who have mastered the ability to control their moods and channeled their thoughts have gone on to great lengths and achieve great things in life because what do successful people have in common The confidence to get things started and see things through with their positive outlook Now you can too By taking the Positive Thinking your destination includes How to effectively block out all your negative thoughts with the Negativity Factory Filtration technique How to use this one mental remedy to hack your mind to immediately be upbeat and positive again How to counter all the petty annoyances that irk you by another person so you can go on about your day How to use the Refreshing Reset Castle method to cleanse your mood to feel reenergized new How can imperfection and flaws counterintuitively help you live a more positive happy life everyday Also personalized hands on exercises and applications to put everything into action on how to be a positive person and much more You ARE what your thoughts ARE and you can choose them as choices If you could choose would you rather be a positive person or pessimistic person We'll leave that up for you to decide now whether you board the Positive Thinking Express *The Power of Positive Thinking* Leonard Smith, 2020-05-28 What are the benefits of trying to think positively After all isn't it all just in our mind Well that's partially true Believe it or not what we think often times manifests into reality Therefore having a positive mindset is vital to our overall well being as negativity could have dangerous effects on our psyche *The Power of Positive Thinking* Positive Thoughts Build a Positive Life teaches you proven techniques for how to think more positively stop negative thoughts and build an overall positive life So reap the benefits of learning to think more positively and grab your copy of *The Power of Positive Thinking* Positive Thoughts Build a Positive Life today **Positive Thinking With Action** Michael Sloan, 2016-10-17 Have you sometimes been accused of being a negative person Do you sometimes let your cynicism get the best of you Do you have a general desire to live a more positive life but you don't know how Oftentimes some of the best advice we'll receive when it comes to living more positive lives is just think positive but there are no instructions or wisdom attached to those words Until now With the *Art of Thinking Positive with Action* we're going to show you just how you can take those negative thoughts that you have and transform them into positivity with concrete examples and directions There's no vagueness here if you're interested in learning how to become a more positive person we're the book for you Make no mistake the process of transforming from a negative person to a positive person takes a lot of work and energy but it doesn't happen accidentally In this book you'll find the explanation for why we develop such negative ways of thinking examples of the many kinds of toxic thoughts that can plague us and a detailed guide on how to heal from the negative and adopt the positive You don't have to live a negative life if you don't want to and with the *Art of Thinking Positive with Action* you will find that you can have the perfect positive life that you've always dreamed of having It's going to take more than just a stock phrase to get there but we're confident that with our methods you can learn how *Mind Over Matter: How to Harness the Power of Your Thoughts to*

Create the Life You Want Shu Chen Hou, Are you tired of feeling stuck and unfulfilled in your life Do you struggle with negative self talk and limiting beliefs that hold you back from achieving your goals and aspirations If so it s time to take control of your thoughts and harness their power to create the life you truly want Introducing Mind Over Matter How to Harness the Power of Your Thoughts to Create the Life You Want the ultimate guide to personal development and self improvement In this eBook you ll learn powerful techniques for overcoming negative self talk cultivating a growth mindset and achieving your goals and aspirations With Mind Over Matter you ll discover The power of your thoughts and beliefs and how they influence your actions and outcomes Techniques for overcoming limiting beliefs and negative self talk that hold you back from achieving your goals Strategies for cultivating a growth mindset and embracing opportunities for growth and learning The importance of setting clear goals and developing a plan of action to achieve those goals Techniques for overcoming obstacles and challenges and maintaining a positive mindset Strategies for cultivating a life of meaning and purpose and achieving your full potential With practical tips and real world examples Mind Over Matter is the ultimate guide to personal development and self improvement Whether you re looking to overcome negative self talk achieve your goals or create a life of meaning and purpose this eBook is the perfect resource for achieving your aspirations So why wait Take control of your thoughts and harness their power to create the life you truly want With Mind Over Matter you have the tools and techniques you need to achieve your full potential and live a life of fulfillment and purpose

Positive Thinking Paul Goleman, 2016-05-28 POSITIVE THINKING It is never a good idea to give up on life having not tried to make a difference because you never know how far you can go unless you take action I am sure you have heard about the idea of creating greatness through positive thinking which is good There is however more to that and that is exactly what this book will enlighten you on It is always vital to think and be positive in life but positive thinking alone will not make you successful Many of us live lives where we allow our dreams to die at heart and forget that with the right kind of mindset so much can be accomplished We ask ourselves so many questions like where should I start from what should I do how should I handle this all these and more will be very well answered in the book There is so much covered in the book and every chapter of it introduces you to very helpful information Chapter One gives you a deeper understanding of what it means to be a positive thinker and the benefits it will bring to your life Chapter Two opens you up to the idea of determining what you want in life as a way of increases your chances of living a happy and successful life It also enlightens you on the idea of using affirmations for personal development giving examples of some Chapter Three There is always a way that people do things and could be the reason for their achievements This chapter introduces you to the particular habits that successful people maintain and how it could be the reason for their accomplishments Chapter Four This Chapter makes a great effort in making you know that there is more to being successful than just thinking positively and emphasizes its ideas by aligning it with the story of Steve Jobs Chapter Five Chapter five provides compelling and effective steps that one should follow if they

want to be more successful and also lead happy lives It gives you an idea of what is required of you to create a life of meaning and purpose There is more to every chapter and I hope that this book will have an impact in your life and that it will allow you to create the life you have always dreamt of This is a life changing opportunity for you if you follow through every lesson laid out in this book for you Download This Book Today Tags Overcome Negativity Willpower Achieve Success Creativity in Business Will Power Depression Motivation Confidence Workbook Inspirational Spiritual Development Self Improvement Law of Attraction Think Positive Mind Hacks Visualization Affirmations Positive Thoughts think positively thinking positive think positive Positive Psychology Mind Hacks Positive Affirmations Positive Thoughts Self Belief Positive Self Talk Positive Attitude Will Power Happiness Inner Happiness Motivation Optimist Optimism Change Your Mindset Power of Positive Thinking Purpose Driven Life How To Be Positive Negative Self Talk Eliminate Stress Positivity Guide For Women Positivity Guide For Men Self Confidence Workbook Positive Thinking Kindle Book Positive Thinking For Children Grateful Living Thankfulness Faith Love Joy Fear Anger Negativity Transformation Inspirational Spiritual Self Help Self Development Self Improvement How to be Optimistic How to be More Positive How to be Happy Positive Intelligence Law of Attraction Life Coaching Motivational Books Inspirational Books Power of Now Healthy Mind How to Stop Worrying Being Positive

Positive Thinking How to Change Your Negative Mindset on Life, Build the Habit of Positive Thoughts and Live a Happy and Successful Life Zachary D. West, 2016-05-19 Use These Powerful Techniques to Change Your Negative Mindset On Life And Build The Habit of Positive of Thoughts Any person can learn the habit of positive thinking by using the tools in this book because it teaches you how to tackle the problem at its root You have days when you feel down days when you are not motivated and do not feel on top of yourself In itself this feeling is a response to a degree of perspective in your life You try to force yourself to be happy to think you should be happy for whatever reason But the truth is nothing seems to work and you don t feel any more positive Harboring negative attitudes has negative consequences on virtually all areas of your life You feel demotivated unhappy which can lead onto a spiral of negative consequences that can go as far as making you clinically depressed You become a burden to friends family and anyone who surrounds you or who did surround you before you became a negative pain in the ass But it doesn t have to be this way Thinking positive is a skill that can be easily be thought and with the right discipline can be applied to influence all areas of your life all the time Positive thinking can be taught As anything it is a skill that requires dedication and repetition but once mastered will put you on a path to a drastically more fulfilled and happy life Positive thinking draws elements from areas of neuro psychology to teach you how to condition your brain to associate certain events with certain sets of feelings This book lays out an easy path for reconditioning your brain to think positive forever Ever met a grumpy negative successful person No that s right there aren t many if any Positive thinking is a defining trait whether conscious or not of all successful people Your environment may or may not foster it but from this point on nothing will stop you from fostering positive thoughts in the area of your life you have

the most control over your own brain This book will teach you to solve the problem from the root your own mind It is the simple to follow guide to positive thinking It explains in detail the neuropsychological reasons behind negative thoughts and most importantly what you can do about them to turn them around forever Here Is A Preview Of What You ll Learn The Power Of Positive Thinking The Basics Of Neuro Linguistic Programming Techniques On How To Change Your Thoughts The Power Of Meditation The Power Of Writing And Journaling And Much Much More

Rethinking Positive Thinking

Gabriele Oettingen, 2014-10-16 The solution isn't to do away with dreaming and positive thinking Rather it's making the most of our fantasies by brushing them up against the very thing most of us are taught to ignore or diminish the obstacles that stand in our way So often in our day to day lives we're inundated with advice to think positively From pop music to political speeches to commercials the general message is the same look on the bright side be optimistic in the face of adversity and focus on your dreams And whether we're trying to motivate ourselves to lose weight snag a promotion at work or run a marathon we're told time and time again that focusing on fulfilling our wishes will make them come true Gabriele Oettingen draws on more than twenty years of research in the science of human motivation to reveal why the conventional wisdom falls short The obstacles that we think prevent us from realizing our deepest wishes can actually lead to their fulfillment Starry eyed dreaming isn't all it's cracked up to be and as it turns out dreamers are not often doers While optimism can help us alleviate immediate suffering and persevere in challenging times merely dreaming about the future actually makes people more frustrated and unhappy over the long term and less likely to achieve their goals In fact the pleasure we gain from positive fantasies allows us to fulfill our wishes virtually sapping our energy to perform the hard work of meeting challenges and achieving goals in real life Based on her groundbreaking research and large scale scientific studies Oettingen introduces a new way to visualize the future called mental contrasting It combines focusing on our dreams with visualizing the obstacles that stand in our way By experiencing our dreams in our minds and facing reality we can address our fears make concrete plans and gain energy to take action In Rethinking Positive Thinking Oettingen applies mental contrasting to three key areas of personal change becoming healthier nurturing personal and professional relationships and performing better at work She introduces readers to the key phases of mental contrasting using a proven four step process called WOOP Wish Outcome Obstacle Plan and offers advice and exercises on how to best apply this method to daily life Through mental contrasting people in Oettingen's studies have become significantly more motivated to quit smoking lose weight get better grades sustain fulfilling relationships and negotiate more effectively in business situations Whether you are unhappy and struggling with serious problems or you just want to improve discover and explore new opportunities this book will deepen your ideas about human motivation and help you boldly chart a new path ahead

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