



The Power of Learned Optimism & Positive Thinking: How to Be Positive, Happy & Successful in Life

Avery Evans

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Would you like to have such control over your emotions and learn to be optimistic so that you can lead a happy, more fulfilled life? Well, now you can. *The Power of Learned Optimism & Positive Thinking: How to Be Positive, Happy & Successful in Life* provides you with the exact methods you can use to "train your brain" to be optimistic, happy and positive all the time. No matter your current circumstances, happiness is available to all of us at any time. For many of us it may be buried under many layers of negative thoughts. You will learn how to eliminate your pessimistic, negative thoughts and replace them with positive thoughts that bring you happiness, enjoyment and allow you to live a stress free life. After reading this amazing book, you will learn how to be the master of your emotions through learned optimism and positive thinking.

In this book, you will learn the following:

- The difference between optimists and pessimists
- How to control your thoughts and train your mind to be positive
- Why optimism can completely change your life
- How to change the way you think
- 7 keys to a positive personality
- How to use positive affirmations for learned optimism
- And much more!

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