



5 R's of POSITIVE LIVING

REINVENTING LIFE SERIES BOOK 2

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Introduction

Not feeling well? Kind of blah and wishing you had something better to say about the day than a mumbled 'fine' when someone asks you how you are? The solution might be simpler than you think.

Our attitudes really are everything. When we're not feeling great about our lives or how the day is going, everything can seem to go wrong. The problem is, life isn't a steady thing. You might have one great day followed by another equally bad. With so many things outside of your control, from the weather to politics, it might seem impossible to ever feel truly good about anything.

The answer lies in your thinking. By being able to think positively, you will find your entire outlook changes.

How do you develop the habit of positive thinking?



LAUGH

Enjoy. Have some fun. Looking at the brighter side of life starts with entertainment and pleasure. Laughter really is the best medicine, as we all know. Whether your concerns are physical or emotional, a few laughs and giggles can help you throw away baggage such as disappointment, anxiety, or nervousness. Make it a habit to find something that makes you laugh every day. Even those cute cat videos on Facebook help.