

# POSITIVITY WINS



HOW YOU CAN USE THE  
POWER OF POSITIVE THINKING  
FOR LONG-LASTING HAPPINESS  
AND FULFILLMENT

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## Introduction

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Positive thinking doesn't come naturally to many people. In fact, for most of us, the first thing that probably pops into our head every time we encounter challenges are negative thoughts.

We think about what happened, and then we think about who's to blame for the things that have gone wrong. Maybe your first instinct is to complain about things, to lash out at other people instead of looking at what you yourself have done.

Ask yourself if you want to be around people like that. People who are so negative they basically pull down everyone around them. With negativity practically oozing out of their pores, I bet you wouldn't want to be around these people. So, don't be one of them!

You need to make a conscious effort to direct your thoughts from negative to positive. It's difficult if you're just starting out, but with

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time and sufficient practice, you'll find yourself thinking positively most, if not all, of the time.

If you're looking to change your ways and become a more positive-minded person, then you're in luck. This massive guide will help you learn how to think positively. You're going to learn the importance of thinking positive thoughts, and why you shouldn't ever let negativity get the best of you.

You'll learn what differentiates happy and positive people from negative ones. You'll find out why positive thinkers ultimately end up successful while most negative thinkers fail to achieve their dreams.

