

## THE POSITIVE THINKING SECRET%0A

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[The Secret to Positive Thinking - selfgrowth.com](#)

Positive thinking is a discipline that trains the human mind to change a perceived reality by repeatedly making positive mental statements. A person practices positive thinking when they derive a positive sense of well being, optimism, belonging, meaning and/or purpose from being part of and contributing back to something larger and more meaningful. [The Power of Positive Thinking - Success Consciousness](#)

Positive thinking is a mental and emotional attitude that focuses on the bright side of life and expects positive results. A person with positive thinking mentality anticipates happiness, health and success, and believes that he or she can overcome any obstacle and difficulty.

Positive thinking is

[7 Ways to Make Positive Thinking a Habit - success.com](#)

The power of positive thinking is a popular concept, and sometimes it can feel a little cliché. But the physical and mental benefits of positive thinking have been demonstrated by multiple studies.

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Positive thinking doesn't mean that you keep your head in the sand and ignore life's less pleasant situations. Positive thinking just means that you approach unpleasantness in a more positive and productive way. You think the best is going to happen, not the worst. Positive thinking often starts with self-talk. Self-talk is the endless stream of unspoken thoughts that run through your head.

[How Positive Thinking Builds Skills, Boosts Health, and ...](#)

Positive thinking sounds useful on the surface. (Most of us would prefer to be positive rather than negative.) But, positive thinking is also a soft and fluffy term that is easy to dismiss. In the real world, it rarely carries the same weight as words like work ethic or persistence.

[Positive Thinking Quotes \(2938 quotes\) - Goodreads](#)

2938 quotes have been tagged as positive-thinking: Roy T. Bennett: Attitude is a choice. Happiness is a choice. Optimism is a choice. Kindness is a choice.

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[Anthony Robbins - A Habit Of Positive Thinking](#)

Tony Robbins is an American businessman, author, and

philanthropist. He became well known from his infomercials and self-help books: Unlimited Power, Unleash the Power Within and Awaken the Giant