

**It is amazing what
can do for you
the Power of
Positive Attitude.**



Happy people are
more productive
and Successful!

Live longer
and Healthier!

**It is amazing what
can do for you**

The Power of Positive Attitude

You'll live longer, healthier and with a positive attitude toward life. In addition, you're more likely to be successful. Learn to use the power of thinking positive, adopting positive attitudes, and affirmations to gain important life benefits.

Optimists believe they are accountable for good things and that good things will generally come their way. If something bad comes instead, optimists tend to accept it as an isolated incident, or something out of their control, and believe that things will be better in the future.

If you're a person whose first thoughts about the meaning of something that's happened are negative thoughts, be aware of it and encouraged by the knowledge that the first step toward a positive thinking (and positive attitude) is to simply think another thought. Evaluate the facts and think of positive alternatives that also fit the facts.

Practice. Practice the positive thinking approach, and you'll find it soon comes naturally. You may be amazed to realize that you simply feel better with a positive attitude.

Bad things happen to positive and negative people alike. The difference is that positive thinkers tend to look for the best in a situation. That doesn't mean they ignore the negative event, just that they accept it and look for ways to make things more positive. Think positive and expect only favorable results and situations, even if your current circumstances are not as you wish them to be. In time, your mental attitude will affect your life and circumstances and change them accordingly.

Some people go through life frustrated. They blame their unhappiness on other people, on their circumstances, or on their job. They have to evaluate the facts for its size. Learn to forget. Let it go. Your boss did not credit you for something? Move on.



Yes open the door to a life of joy, forgiveness and peace.

"Things turn out best for the people who make the best of the way things turn out" John Wooden

A positive attitude leads to happiness and success and can change your whole life. If you look at the bright side of life, your whole life becomes filled with light. This light affects not only you and the way you look at the world, but also your whole environment and the people around you.

YES! Positive thinking is contagious! People around you pick your mental moods and are affected accordingly. Think about happiness, good health and success, and you will cause people to like you and desire to help you, because they enjoy the vibrations that a positive mind emits.

If you have been exhibiting a negative attitude and expecting failure and difficulties, it is now the time to change the way you think. It is time to get rid of negative thoughts and behavior and lead a happy and successful life.

CONTINUED

Optimists

Live longer,
Healthier
and Happier!



YES! Positive Thinking is
Your Key to Success!

Days of rain and sunshine will come and go, but your power of positive thinking helps you to become a healthier, more hopeful, optimistic person and will lead you to live a more satisfactory longer life!

Every day start with the goal of pursuing to have a great day!

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Live longer and Healthier!

The change in seasons is well upon us and it's a perfect time to take a look at ways we can keep ourselves with health, prosperity and happiness!

Sometimes inside the words from others will give to our soul will find strength with the flow of their words.

"The real man smiles in trouble, gathers strength from distress, and grows brave by reflection"
~Thomas Pain

"The ideal man bears the accidents of life with dignity & grace, making the best of circumstances"
~ Aristotle

"The future belongs to those who believe in the beauty of their dreams"
~ Eleanor Roosevelt

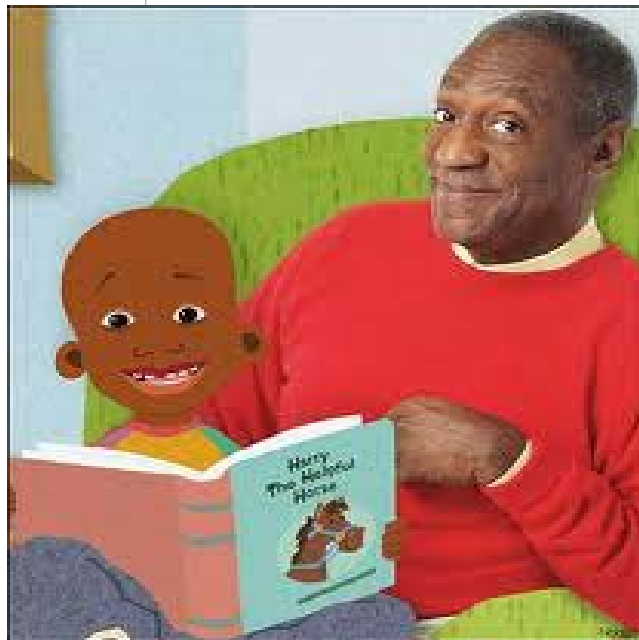
"How I Love Lucy was born? We decided that instead of divorce lawyers profiting from our mistakes, we'd profit from them"
~ Lucille Ball

"Too many of us are not living our dreams because we are living our fears"
~ Les Brown

"To archive the victory an athlete cannot run with money in his pockets. He must run with hope in his heart & dreams in his head"
~ Emil Zatopek

"Happiness is not something you postpone for the future; it is something you design for the present"
~ Jim Rohn

"I don't know the key to success, but the key to failure is trying to please everybody"
~ Bill Cosby



"In order to succeed, your desire for success should be greater than your fear of failure"
~ Bill Cosby

"I have seen what a laugh can do. It can transform almost unbearable tears into something bearable, even hopeful"
~ Bob Hope

"Be happy in the moment, that's enough. Each moment is all we need, not more"
~ Mother Teresa

"Laughter is the tonic, the relief, the surcease for pain"
~ Charlie Chaplin

"When your desires are strong enough you will appear to possess superhuman powers to achieve"
~ Napoleon Hill