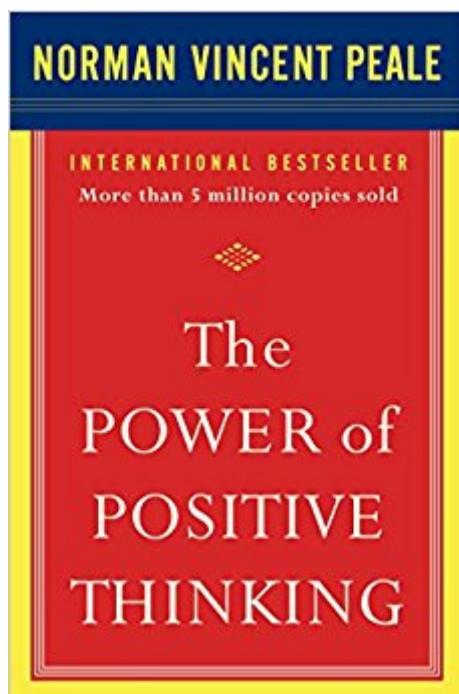


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# The Power Of Positive Thinking



## **Synopsis**

An international bestseller with over five million copies in print, The Power of Positive Thinking has helped men and women around the world to achieve fulfillment in their lives through Dr. Norman Vincent Pealeâ™s powerful message of faith and inspiration. In this phenomenal bestseller, âœwritten with the sole objective of helping the reader achieve a happy, satisfying, and worthwhile life,â • Dr. Peale demonstrates the power of faith in action. With the practical techniques outlined in this book, you can energize your lifeâ "and give yourself the initiative needed to carry out your ambitions and hopes. Youâ™ll learn how to: Â Believe in yourself and in everything you do Â Build new power and determination Â Develop the power to reach your goals Â Break the worry habit and achieve a relaxed life Â Improve your personal and professional relationships Â Assume control over your circumstances Â Be kind to yourself

## **Book Information**

Paperback: 218 pages

Publisher: Touchstone; Reprint edition (March 12, 2003)

Language: English

ISBN-10: 0743234804

ISBN-13: 978-0743234801

Product Dimensions: 5.5 x 0.6 x 8.4 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 starsÂ See all reviewsÂ (1,048 customer reviews)

Best Sellers Rank: #1,160 in Books (See Top 100 in Books) #4 inÂ Books > Religion & Spirituality > Worship & Devotion > Inspirational #8 inÂ Books > Christian Books & Bibles > Christian Living > Self Help #10 inÂ Books > Religion & Spirituality > Religious Studies > Theology

## **Customer Reviews**

I'm one of the ordinary teens that go out & live life in a typical teen perception (e.g. parties, friends, listening to music, enjoying youth as it is, etc.) I used to be the type of person who typically never found interests with the "positive thinking" category (i was cynical at the time). I read this book one day cause it was lying on top my dad's desk, i was hoping to "kill time" by glancing at a few pages. Suddenly, i became attached towards Peale's theories and i began reading from page to page and started applying positive concepts into daily situations (even when "obstacles" were bound to hold me back) and mysteriously enough my attitude towards life transformed me into an optimist and a devoted believer in God which in turn, gave me successfull results (especially in my academics!).

Hey, you have no need to believe me if you choose too, but I strongly affirm this book WILL alter your mind into becoming a believer with "The Power of Positive Thinking". If you're a parent with a stressful life style, THEN THIS BOOK IS FOR YOU. If you're the hard worker feeling as if you're not getting anywhere, THEN THIS BOOK IS FOR YOU. If you're a student feeling "tripped & zoned out", THEN THIS BOOK IS FOR YOU. All the people i've mentioned illustrates the average person bombarded with everyday problems (trust me, i literally live with them), yet the solution lies in front of your eyes because this book draws out supplies of confidence, faith in your own abilities, positive affirmations, and spiritual guidance in YOUR life...hey, i wouldn't just waste time to make this book review and neither would the rest of these people who placed an entry analysis for this book. "Faith power brings miracles.."

THE POWER OF POSITIVE THINKING by Norman Vincent Peale is one of my favorite books . . . so imagine my delight when I had the opportunity to revisit it recently as a result of listening to the taped version. Best of all: Peale did most of the narration . . . while some could argue that his speaking voice wasn't the greatest (or at least at the age when he read this particular version), I enjoyed it even more so because he was the one doing the reading. His advice from the book remains timeless; i.e., provided you can get through some of the parts that might be a little too religious-based for your particular taste . . . I was able to do so and so was thus able to enjoy such insights as the following:<sup>\*</sup> As you think, so shall you be.<sup>\*</sup> I don't believe people are born negative thinkers. All babies, unless they're ill, are positive. Positive thinking is extremely natural. Unfortunately, some babies are born into negative households. Since they're very susceptible to their environment, they absorb the negative impulses and attitudes around them.<sup>\*</sup> Create a mental picture of yourself as a success. Hold onto this picture tenaciously. Since your mind tries to complete what it pictures, always picture SUCCESS no matter how badly things seem to be going at the moment. Whenever a negative thought about your personal power comes to mind, deliberately voice a positive thought to cancel it out.<sup>\*</sup> Anger, fear and worry are among the most subtle and destructive of all emotions. To counteract their power, fill your mind with good will, forgiveness, faith, and love.<sup>\*</sup> Each time you feel a surge of anger, ask yourself, "Is this really worth what it is doing to me emotionally? Do I really want to make a fool of myself in front of friends or family?<sup>\*</sup> Practice happy thinking. Make a mental list of pleasant thoughts and pass them through your mind several times each day. If an unpleasant thought should enter your mind, immediately stop, reject it and substitute a pleasant thought. And, lastly, there was this idea that I do try to practice every day:<sup>\*</sup> Every morning before rising, lie relaxed in bed for a few minutes. Let pictures of each happy experience you expect to have that say, pass

across your mind. Savor their joy. such thoughts willcause events to turn out that way. There's an excellent Listener's Guide that accompanies THE POWEROF POSITIVE THINKING.

It's such a simple and effective concept, that positive thinking creates a positive life, yet hard to do at times- which is a good reason alone to read this book. Most everything we accomplish each day starts out as a thought. Thoughts flash across our minds each day, all day long, and directly influence how we feel and what we do. So, if you spend your day thinking about negative things, expect to feel bad. On the other hand, if you spend your day concentrating on positive things, good things will happen. And that's basically the purposeand premise of this book- to change your thinking for the better, which in turn will influences your life. The book will "reset your sights" so to speak. Each chapter of the book tackles important life issues, such as worrying, creating happiness, having energy, etc. Examples of the principles abound, and each chapter ends with a nice summary. An inspiring and entertaining read, I recommend this book to anyone who needs a little nudge in the direction of positive thinking. Know though, that there is a definite religious tone throughout the book, which could bother some. Other positive thinking books I liked includeÂ The Prayer Project: How Each One of Us Can Make The World a Better Place to Live - In a Few Minutes a Day.

This is the first time I have felt the need to write a review. This book is beyond words. I love books, I am an avid reader. If you are looking for a spiritual uplift then, you must get this book. I am already trying to find it for family and friends. What is written in this book is impossible to put into words. But just know that once you pick up this book, you won't want to put it down. Especially if you are spiritual and are looking to change certain aspects about yourself.

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