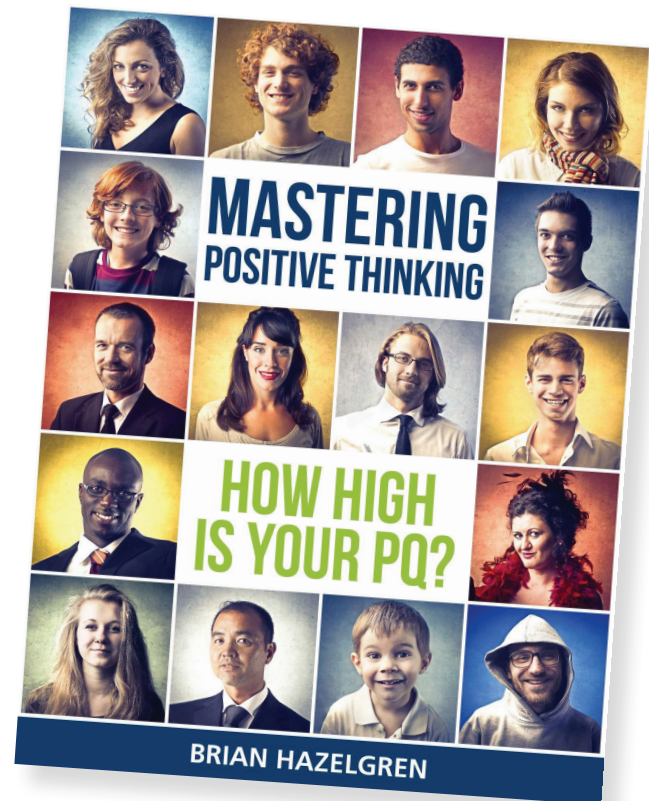


Mastering Positive Thinking™

by Brian Hazelgren



Welcome to the exciting world of building Positive Attributes!

Whether you want improvement in building a Positive Culture at work, at home with your family, or just having more happiness and peace in your life by reducing stress, this system is for you. The **Mastering Positive Thinking™** course is about learning how to think positively in the face of adversity—especially when times really get tough. This customized approach is far more effective than the “one size fits all” approach. You can go at your own pace, and learn from others. You can take the accelerated path and learn as fast as you want to go.

We're taught that a positive attitude can go a long way, and with practice, we can learn to adjust our attitude in order to make it work in our favor—more often.

A Few Things You Will Learn:

- Top 10 Attributes of a Positive Person
- How to Develop Your Own Wake Up Strategy
- The Art of Positive Exercising
- Seven Principles of Staying Focused
- Preventing Stress Related Illness
- How to Have a Determined Heart
- The Many Health Benefits of Positive Thinking
- Inspiring Stories that Will Motivate Anyone
- How to Place Your Focus on Action
- The Best Remedies to Make Despair Melt Away
- How to Create and Use a Gratitude List
- Why Happiness is a Choice
- The Easiest Ways to Create and Maintain a Positive Culture
- Celebrating Your Victories



Optimists are better problem solvers and better at dealing with bad situations. They have learned how to come up with solutions—instead of complaining. That is what ***Mastering Positive Thinking***[™] does for each student.

- ✓ 8 Self-Paced Modules
- ✓ 25 Action Plans
- ✓ 34 Learning Principles
- ✓ 40+ Articles
- ✓ Many Inspiring Stories
- ✓ Webinars & Coaching



It's time to take a deeper dive and get serious about your studies of becoming a Positive Person!

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