



**The Power Of Positive Thinking: A Self-Help  
Guide on How to Overcome Negativity, Adversity,  
Depression and Change Your Life (Positive  
Thinking, Motivation, Stop Negative Thinking,  
Empowerment)**

*Michael Dyer*

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## **The Power of Positive Thinking**

### **A Self-Help Guide on How to Overcome Negativity, Adversity, Depression, and Change Your Life**

Each one of us has a story we tell ourselves. For decades, we have pondered how anxiety, depression and negativity impact our lives, sometimes with debilitating manifestations. In *The Power of Positive Thinking* the author slices through to the very root of our issues. When our brains are hijacked, our minds commandeered by our own internal demons and negative self-talk. The book takes us through a journey of the self, examining the artificial constructs we've put in place to make our lives make sense, so we can justify our thoughts, feelings, and actions. By applying the techniques presented in the book, we can come closer to realizing our true potential and discovering our true selves. Alleviating effects of negative thoughts, emotions, and behavior to ultimately understand the root causes of our anxieties. *The Power of Positive Thinking* is a critical exploration of the mind.

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