



Finding Your Positives: Your Personal Plan for Facing Life's Challenges

By Steve Ward

iUniverse, United States, 2012. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****. Finding Your Positives is a refreshing, inspirational way to learn to cope with life changing events along with life's daily challenges. The struggle is the day-to-day coping to begin to heal to a path of recovery. Learn to control your mind instead of your mind controlling you with confusing; conflicting emotions putting at risk your well-being and balance. Your life changing events creates the choice of which path to choose to manage the struggle of your event. The illustration of choosing a path paints a picture to assist you with your decision. Finding Your Positives couples with inspiration nurturing a mindset and igniting a flame in your heart for appreciation, empathy and compassion for others trying to cope with their challenge and hoping to achieve a healthy well-being and stable balance. Follow the easy to use system to track your progress throughout your journey to recovery. A snap shot will emerge illustrating your progress of doing well or needing to focus more. No matter the state of your progress, do not give up, as today is...

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Reviews

It is one of the most popular books. I am quite late in starting to read this one, but better than never. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Camille Larson**

This publication is definitely not effortless to get going on looking at but really exciting to read through. It really is really intriguing through looking at time period. It has been written in a remarkably straightforward way which is just soon after I finished reading through this book where basically altered me, change the way I think.

-- **Erna Langosh**