



You Are What You Think: Using Positive Self-Talk to Change Your Life (Paperback)

By Dr David Stoop

Fleming H. Revell Company, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book. Attitude is everything. Attitude is what makes the difference between those who succeed and those who fail. It s easy to see--in other people. But it s not always easy to recognize when our own attitude needs adjustment or to know how to change it. In You Are What You Think, Dr. David Stoop shows readers how to use self-talk to make positive changes in their attitudes and beliefs in order to - choose healthy, positive thoughts - respond rather than react to circumstances - overcome guilt, anger, anxiety, and stress - release the power of faith - and more We can use self-talk to gain control of the way we feel and act. We can turn out-of-control into self-control and make our emotions work for us rather than against us. You Are What You Think explains how.



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