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POSITIVE THINKING: The Power of Positive Thinking: How to Relieve Stress and Change Your Life (Affirmations Mindset New Age)

Poppi Edwards

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As a society, we are constantly on the go and many times, this causes added stress. We may hate our jobs, not get along with our friends or family, struggle to pay the bills or any other number of things. The list can go on and on. This stress can potentially do a lot of physical and mental harm to the body. This book discusses many ideas to help relieve some stress, including:

- Is positive thinking really that important?
- Changing your environment
- Meditation
- Positive thinking tips
- and more

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