



Perfect Positive Thinking

Lynn Williams

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Perfect Positive Thinking is essential reading for anyone who wants to feel optimistic and enthusiastic. Written by a professional life coach, with years of experience in the field, it gives practical advice on how to overcome negative feelings, explains how to deal with problems like anxiety and self-doubt, and provides helpful tips on how to gain energy, motivation and a sense of purpose. Covering everything from exercising to eating, and from stretching to sleep, *Perfect Positive Thinking* has all you need to feel happy and confident.

The Perfect series is a range of practical guides that give clear and straightforward advice on everything from getting your first job to choosing your baby's name. Written by experienced authors offering tried-and-tested tips, each book contains all you need to get it right first time.

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