



# Positive Thinking: How to Start your Day off Right and Stay Positive Throughout the Day

*Dr. AJ Redding*

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Are you typically a pessimist or a negative person in general?

Do you want to be successful and positive?

Becoming a successful positive person is not an easy task. It takes a lot of hard work and dedication. Success and positivity actually go hand and hand. To be successful, you must be positive, and to be positive, you need to put in the time and effort. Starting your day with a positive mentality is the first step to becoming a positive person all day. The start to your day can determine how your day will go. There is no such thing as luck, we make our own 'luck'.

## What you'll learn inside:

- Why certain people are more successful than others
- What the most valuable commodity is and why
- How to become a positive person
- How to achieve your wildest dreams
- And much, **MUCH** more!

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