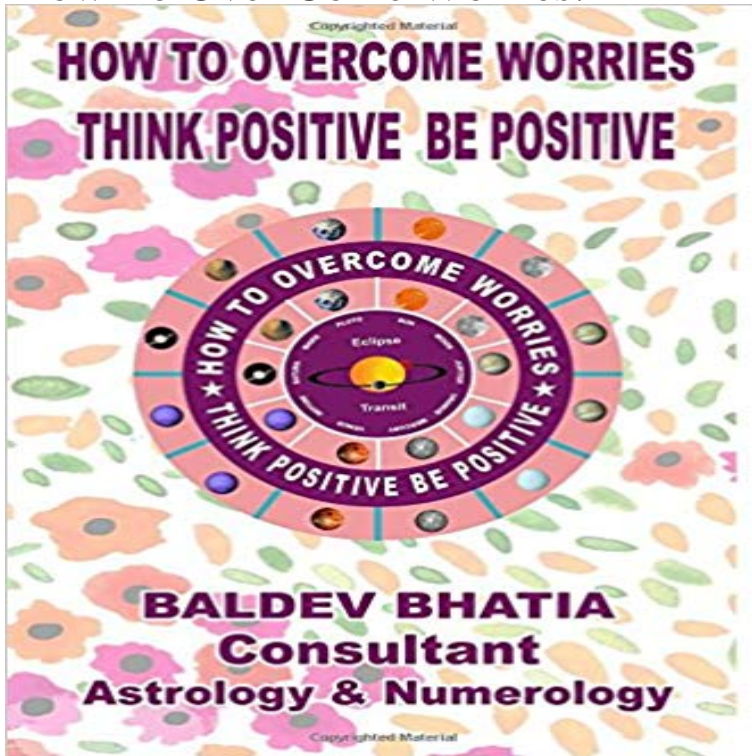


How To Over Come Worries: Think Positive Be Positive (Volume 4)



What do we think about how to overcome worries? The feeling of happiness or sadness is within us. It is said that happiness is purely our own matter. Though it has got something to do with our external circumstances. But there are certainly some positive factors within us that keep us happy and there is something negative within us also which keep us unhappy. Happy living through positive and good thoughts, is nothing more than that of living a normal life free from undue pressures, problems and tensions. If we want to live a good and happy life then we need to get rid of the negativity within us which makes us unhappy. Negative approach always complicates the problems and increases unhappiness. Most of us do the fatal mistake of looking outwards for happiness rather than looking inwards. Be positive, be strong, be bold and be courageous you are sure to find the feeling of happiness within you. Even if we are having a bad day, think of some good things that may come our way, either later that day, tomorrow, next week, or next moment. When everything seems to be beyond our control, its almost too easy for us to slip into the grasp of negativity and unhappiness. To avoid sadness we must strive to abolish this sort of thinking through the power of thinking positively and generate the feeling of happiness within us. The art of sweet living is not a complicated kind of art difficult to learn rather a simple art of happy living feeling well, eating well, and thinking well. What we need to do is just to tune up our mind to enjoy every moment of life and let the sweet happiness follow us. This is something that needs to be looked into thoroughly. We need to focus on the positive aspects of lives, rather than on the negative setbacks and enjoy every moment of life happily and merrily. Enjoy your life with cheerful talks. Be happy and cheerful. We must remember that happy living is the

reward of sweet and positive thinking. We ought to remember, only the positive thinking can bring happiness in our lives. If we cannot think positively, you cannot live happily. Be our own teacher or adviser we ought to look everything with a positive angle. Let us find something good even in most critical moments of our life and let us make positive thinking the basis of our happy living. Its a matter of thought that fools worry about the circumstances on which they have no control. The wise live on positive good and happy thoughts. A sound and positive happiness is all around. Its not far away from us. If we do not want to live happy, its up to us. Its our own choice. We must not blame others, nor should we blame our fate or external circumstances. Another thing is that feeling confident affects the way we perceive our situations and how we decide to manage them. Think that by being more optimistic we alter our approaches to situations and take on them in a healthier manner; we think of alternatives and act according to better outcomes. All our efforts lead us to good and happy living. If we think we are positive and happy, it will be positive.

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Through the work you have already done, you may have already come to the As with your negative beliefs about worrying, to change your positive beliefs about these questions to challenge your beliefs, and on page 4 you will find a worksheet to. **Worries are to be forgotten: Negativities need to be** - Worries Can Destroy You: Be Careful Be Bold Be Strong: Volume 4 book online at best This title and over 1 million more available with Kindle Unlimited 399.00 to buy Paperback . If we think we are positive and happy, it will be positive. Happiness does not come alone, it adds our minds body and soul to remain in **How to over Come Worries: Think Positive Be Positive: Volume 4** Below are strategies that will help you overcome your public speaking anxiety. 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