



How to Be Optimistic: Its as Easy as ABC

James Woodworth

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Do you see the do-nut or do you see the hole in the do-nut? Do you see the glass as half- empty or half-full? Do you expect good things to happen or not? Optimism is a disposition, attitude and way of thinking that can have a profound effect upon your life. Optimists are more satisfied, fulfilled, and successful than pessimists, they enjoy a better quality of life, suffer less depression, stress and anxiety than pessimists, they are more resilient, healthier and relaxed. They also look forward to the future finding it easier to set goals and to stick to them then do pessimists. Optimism, moreover is not so much an innate trait as a way of thinking that is learned. If you would like to know more about optimism including a few practical tips on how to attain it then this short but informative ebook is just for you. Learn how to be optimistic - its as easy as ABC!

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