

Easy Positive Audio

Norman Vincent Peale

The Last Lecture Randy Pausch, 2008-04-08 After being diagnosed with terminal cancer, a professor shares the lessons he's learned—about living in the present, building a legacy, and taking full advantage of the time you have—in this life-changing classic. We cannot change the cards we are dealt, just how we play the hand. —Randy Pausch A lot of professors give talks titled The Last Lecture. Professors are asked to consider their demise and to ruminate on what matters most to them. And while they speak, audiences can't help but mull over the same question: What wisdom would we impart to the world if we knew it was our last chance? If we had to vanish tomorrow, what would we want as our legacy? When Randy Pausch, a computer science professor at Carnegie Mellon, was asked to give such a lecture, he didn't have to imagine it as his last, since he had recently been diagnosed with terminal cancer. But the lecture he gave—Really Achieving Your Childhood Dreams—wasn't about dying. It was about the importance of overcoming obstacles, of enabling the dreams of others, of seizing every moment (because time is all you have . . . and you may find one day that you have less than you think). It was a summation of everything Randy had come to believe. It was about living. In this book, Randy Pausch has combined the humor, inspiration and intelligence that made his lecture such a phenomenon and given it an indelible form. It is a book that will be shared for generations to come.

"The Power of Positive Thinking " Norman Vincent Peale, 1956 This book is written with the sole objective of helping the reader achieve a happy, satisfying, and worthwhile life. -- Norman Vincent Peale The precursor to *The Secret*, *The Power of Positive Thinking* has helped millions of men and women to achieve fulfillment in their lives. In this phenomenal bestseller, Dr. Peale demonstrates the power of faith in action. With the practical techniques outlined in this book, you can energize your life -- and give yourself the initiative needed to carry out your ambitions and hopes. You'll learn how to: Expect the best and get it Believe in yourself and in everything you do Develop the power to reach your goals Break the worry habit and achieve a relaxed life Improve your personal and professional relationships Assume control over your circumstances Be kind to yourself

Love Your Body Louise L. Hay, 2009-10 Bestselling author Hay presents 54 affirmation treatments designed to help people create a beautiful, healthy, happy body.

The Happy Mind Kevin Horsley, Louis Fourie, 2018-01-03 Don't waste another day feeling unfulfilled—a guide to mastering the habits of happiness by the Wall Street Journal-bestselling author of *Unlimited Memory*. Happiness is more than just a feeling—it's a learned skill. When you master the habits of happiness, your life will be filled with more peace, purpose, and passion. The answers lie within the depths of your mind. *The Happy Mind* offers valuable insights for building lasting happiness instead of being driven by short-term pleasure seeking. When you look at all the scientific research, religious teachings, and philosophical insights surrounding the topic of happiness, one thing becomes clear: We all experience happiness differently. What makes one person happy may make another miserable. This book is about customizing your happiness—and finding your own unique roadmap. You'll learn: How people search for happiness in all the wrong places, and how you can avoid these "happiness traps" that keep you stuck and unfulfilled Why most people mistake pleasure for happiness, and how this simple mistake causes you

to lose sight of what really matters to you The nine common qualities that super happy people share (and how you can apply them to brighten up your life) The key traits of unhappiness (and the most important behaviors you should avoid) Easy changes you can make that will create more long-term happiness for you and your loved ones

I Can Do Hard Things Gabi Garcia,2018-09-11 I Can Do Hard Things is a beautiful reminder to tune into and listen to that quiet voice inside so that you can do what's right for you. I don't always feel brave, confident or strong. Sometimes it seems easier to follow others along. It's hard to navigate a world in which we get so many messages about how we should be. We pause. We listen to the quiet voice inside. I connect with the love and strength it brings. It helps me remember: I can do hard things. I Can Do Hard Things: Mindful Affirmations for Kids is the perfect addition to your home or school library. (The book is available in Spanish as Yo Puedo Hacer Cosas Dificiles: Afirmaciones Concientes Para Niños).

Power Thoughts Louise Hay,2023-06-06 Choose positive affirmations and take the first step to creating a new and fulfilling life with the trusted guidance of Louise Hay. Every thought you think and every word you speak is an affirmation. An affirmation is like planting a seed. You're always in the process of tending to your garden, and if you do so with care, you'll find that each day becomes more joyous than the one before it. This newly repackaged edition of Power Thoughts includes 365 daily affirmations, with topics including health, prosperity, friendship, love, forgiveness, self-esteem and many more. 'By reading these affirmation – one a day, several at a time or just by opening the book at random – you're taking the first step toward building a more rewarding life... I know you can do it!' – Louise Hay

The Power of Affirmations and Positive Self-Talk Bob Baker,2021-04-19 Welcome to a little book that could change your life! When I was in my teens, I suffered from a lack of confidence and self-worth. Like many people, I believed my negative thoughts and feelings were simply who I was. They were coming from my mind. I felt them in my body. They must be real. And that's exactly how most people live their lives: on autopilot, letting their thoughts and emotions run wild, then hanging on for dear life as they try to cope. Can you relate? But you don't have to live that way. Your thoughts are not an accurate reflection of who you truly are. You can take control of the conversations going on in your own head. And affirmations are the perfect tool to help you do that. Using the power of positive self-talk, you will no longer be a victim of negative thinking. You will be in the driver's seat of your mind - and your life! So, get ready to live a happier, more fulfilling life!

Preston's Positive Thoughts Jenelle French,2021-01-10

The Energy Bus Jon Gordon,2015-05-20 Enjoy the ride of your life with the Wall Street Journal bestseller None of us can expect to get through life without any challenges. Life isn't always a constant daydream of unbridled pleasure and happiness. But that doesn't mean you can't approach everything with some zing – a big dose of positive energy is what you need to feel great, be successful and love life! And the international bestselling *The Energy Bus* can help you live your life in a positive, forward-thinking way. Learn the 10 secrets that will help you overcome adversity and harness the power of positive, infectious energy, so that you can create your own success. International bestselling author Jon Gordon draws on his experience

of working with thousands of leaders and teams to provide insights, actionable strategies and positive energy. The Energy Bus: Shows you how to ditch negativity and infuse your life with positive energy Provides tools to build a positive team and culture Contains insights from working with some of the world's largest companies Foreword by Ken Blanchard, co-author of The One-Minute Manager

Positive Thinking: 30 Days of Motivation and Affirmations to Change Your Mindset & Fill Your Life with Happiness, Success & Optimism! Robert Norman, 2018-12-28 Now in its 3rd edition!! Happiness and Success is right around the Corner! With your purchase of this book, you'll also get a FREE special report and a FREE Mastermind Self Development Group membership. Are you ready for the journey of a lifetime? If so, read Robert Norman's powerful affirmations in this book to achieve: Lasting Success Good Health Career Growth and Motivation! You'll even learn how to prepare and use your own, original affirmations! Get this book for FREE with Kindle Unlimited! When you read this Revised and Expanded edition of Robert Norman's Positive Thinking: 30 Days of Motivation and Affirmations, you'll find out how to change your mind and your reality with the power of positive thought. Robert guides you through every phase of your 30-day challenge with daily inspirational quotes, affirmations, and thoughts to consider. You'll also gain inspiration from the success stories of those who have taken this path before you! As you follow through this step-by-step plan, you'll pass through Robert's 4 Phases to Success: Phase One (Days 1 - 8) - Forming a daily affirmation and reflection habit Phase One (Days 9 - 14) - Sharing positivity with those around you Phase One (Days 15 - 22) - Reframing your difficulties as opportunities Phase One (Days 23 - 30) - Personalizing and strengthening your affirmations In Positive Thinking: 30 Days of Motivation and Affirmations, Robert Norman explains how to troubleshoot your affirmations and make them more powerful, honest, and resonant with your subconscious mind. This 4-step process makes it easy to achieve specific and extraordinary results. By focusing on results, taking action, creating consistent positive habits, and keeping your affirmations fresh, you can create the life you've always dreamed of!

The Miracle Morning (Updated and Expanded Edition) Hal Elrod, 2024-01-09 Start waking up to your full potential every single day with the updated and expanded edition of the groundbreaking book that has sold more than two million copies. "So much more than a book. It is a proven methodology that will help you fulfil your potential and create the life you've always wanted." –Mel Robbins, New York Times bestselling author of The High 5 Habit and The 5 Second Rule Getting everything you want out of life isn't about doing more. It's about becoming more. Hal Elrod and The Miracle Morning have helped millions of people become the person they need to be to create the life they've always wanted. Now, it's your turn. Hal's revolutionary SAVERS method is a simple, effective step-by-step process to transform your life in as little as six minutes per day: - Silence: Reduce stress and improve mental clarity by beginning each day with peaceful, purposeful quiet - Affirmations: Reprogram your mind to overcome any fears or beliefs that are limiting your potential or causing you to suffer - Visualization: Experience the power of mentally rehearsing yourself showing up at your best each day - Exercise: Boost your mental and physical energy in as little as sixty seconds - Reading: Acquire knowledge and expand your abilities by learning from experts - Scribing: Keep a journal to deepen gratitude, gain insights, track

progress, and increase your productivity by getting clear on your top priorities This updated and expanded edition has more than forty pages of new content, including: - The Miracle Evening: Optimize your bedtime and sleep to wake up every day feeling refreshed and energized for your Miracle Morning - The Miracle Life: Begin your path to inner freedom so you can truly be happy and learn to love the life you have while you create the life you want

Real Simple the Power of Positivity Real Simple,2021-04-02 An optimistic outlook can make you healthier, wealthier, and happier too. In this special edition, you'll find: tricks to tap your inner optimist, decorating tips for a happy space, real-life stories of kindness and community, and raising upbeat kids, building self-compassion.

Positive Intelligence Shirzad Chamine,2012 Chamine exposes how your mind is sabotaging you and keeping you from achieving your true potential. He shows you how to take concrete steps to unleash the vast, untapped powers of your mind.

The Charge Brendon Burchard,2012-05-15 From the author of the #1 New York Times bestseller The Millionaire Messenger, an electrifying book that provides the keys to motivation to satisfy the most essential creative and intellectual needs.

Objective First Teacher's Book with Teacher's Resources Audio CD/CD-ROM Annette Capel,Wendy Sharp,2012-01-19 Third edition of the best-selling Cambridge English: First (FCE) course. The syllabus for this exam has changed and this book has now been replaced by 9781107628359 Objective First Fourth edition Teacher's Book with Teacher's Resources CD-ROM.

Be Kind Pat Zietlow Miller,2018-02-06 When Tanisha spills grape juice all over her new dress, her classmate contemplates how to make her feel better and what it means to be kind. From asking the new girl to play to standing up for someone being bullied, this moving and thoughtful story explores what a child can do to be kind, and how each act, big or small, can make a difference--or at least help a friend.With award-winning author Pat Zietlow Miller's gentle text and Jen Hill's irresistible art, Be Kind is an unforgettable story about how two simple words can change the world.

Positive Thinking Through Small Habits: 15 Positive Habits Too Easy to Fail and 15 Tricks to Make Them Stick Kameliya Angelkova,2018-03-03 TURN POSITIVE THINKING INTO A HABIT! Did you know that in this very moment there are so many people just like you all around the globe that aim high, make ambitious New Year's resolutions and aspire to achieve their goals, in hope for a positive life change? However, surprisingly or not, in most of the cases they fail. Actually, 90% of these people will give up on their resolutions before even making the first step! Yes! Goals, especially higher ones, won't just complete themselves. This is the bad news. But... The good news is that you can still have the chance to be in the remaining 10% and experience the taste of happiness along with a positive life transformation!IT IS YOUR TURN TO BE HAPPY! And that's where these tiny simple and extremely positive habits come in! Still sounds overwhelming? Not sure will it work? Or will these habits last? Remember: Keep it simple! Take it easy! Enjoy it! And the miracles will follow!This is what this book is about! Life is too short to waste it all on negativity!So, turn positive thinking into a habit now!-----
-----WHAT WILL YOU FIND IN THIS BOOK? 1. Brief introduction containing many questions and answers2. Easy-to-understand instructions, tips, and tricks 3. 15 easy-to-maintain habits to help you stop

negative thoughts and develop a positive mindset 4. 15 powerful techniques to make your tiny habits stick 5. A quick quiz of 15 questions to find out how positive are you 6. A bunch of small sticky notes with golden rules to remember 7. Colorful quotes from ancient wise men to keep you inspired and motivated 8. A few try-it-now exercises to immediately test the new habits.---

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Positive Thinking Everyday Norman Vincent Peale, 2022-05-24 This timeless classic brings together the wisdom of nine volumes, including the international blockbuster *The Power of Positive Thinking*, to provide readers a daily message of inspiration and affirmation from Norman Vincent Peale. Norman Vincent Peale's positive thinking theory has had an enormous impact on millions of individuals all over the world. These pages now include the knowledge of nine books, including *The Power of Positive Thinking*. Dr. Norman Vincent Peale's classic works provide inspiration when you need it most and show the path to a healthier, happier, more rewarding life. *Positive Thinking Every Day*, with a new introduction by Dr. Peale, can help you make every day the best it can be.

Atomic Habits James Clear, 2018-10-16 The #1 New York Times bestseller. Over 10 million copies sold! *Tiny Changes, Remarkable Results* No matter your goals, *Atomic Habits* offers a proven framework for improving--every day. James Clear, one of the world's leading experts on habit formation, reveals practical strategies that will teach you exactly how to form good habits, break bad ones, and master the tiny behaviors that lead to remarkable results. If you're having trouble changing your habits, the problem isn't you. The problem is your system. Bad habits repeat themselves again and again not because you don't want to change, but because you have the wrong system for change. You do not rise to the level of your goals. You fall to the level of your systems. Here, you'll get a proven system that can take you to new heights. Clear is known for his ability to distill complex topics into simple behaviors that can be easily applied to daily life and work. Here, he draws on the most proven ideas from biology, psychology, and neuroscience to create an easy-to-understand guide for making good habits inevitable and bad habits impossible. Along the way, readers will be inspired and entertained with true stories from Olympic gold medalists, award-winning artists, business leaders, life-saving physicians, and star comedians who have used the science of small habits to master their craft and vault to the top of their field. Learn how to: make time for new habits (even when life gets crazy); overcome a lack of motivation and willpower; design your environment to make success easier; get back on track when you fall off course; ...and much more. *Atomic Habits* will reshape the way you think about progress and success, and give you the tools and strategies you need to transform your habits--whether you are a team looking to win a championship, an organization hoping to redefine an industry, or simply an individual who wishes to quit smoking, lose weight, reduce stress, or achieve any other goal.

A Little Life Hanya Yanagihara, 2016-01-26 NEW YORK TIMES BESTSELLER • A stunning "portrait of the enduring grace of friendship" (NPR) about the families we are born into, and those that we make for ourselves. A masterful depiction of love in the twenty-first century. NATIONAL BOOK AWARD FINALIST • MAN BOOKER PRIZE FINALIST • WINNER OF THE KIRKUS PRIZE *A Little Life* follows

four college classmates—broke, adrift, and buoyed only by their friendship and ambition—as they move to New York in search of fame and fortune. While their relationships, which are tinged by addiction, success, and pride, deepen over the decades, the men are held together by their devotion to the brilliant, enigmatic Jude, a man scarred by an unspeakable childhood trauma. A hymn to brotherly bonds and a masterful depiction of love in the twenty-first century, Hanya Yanagihara's stunning novel is about the families we are born into, and those that we make for ourselves. Look for Hanya Yanagihara's latest bestselling novel, *To Paradise*.

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