



ANTI Negativity: How to Stop Negative Thinking and Lead a Positive Life

Akash Karia

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What NOT To Say When You Talk to Yourself

In this booklet, you're going to learn how to turn crippling negative self-talk into words of empowerment. More specifically, you will learn how to:

Take Charge of Your Life and Stop Negative Thinking

- **Avoid the kind of self-talk that causes you unnecessary anxiety and worry**
 - Use the rubber-band technique to snap yourself out of negative self-talk
- **Use anchoring to snap out of a negative mindset and into a positive one**
 - Stop fighting mental scarecrows that ruin your relationships
- **Stop asking yourself questions that reduce your self-esteem and make you feel worthless**
 - Instantly improve your self-talk and mood by changing your physiology
- **Use if-then planning to improve your relationships and become more productive**
 - Stop using “absolute statements” that make you feel insignificant
- **Get rid of limiting labels that you put on yourself**
 - Stop putting limiting labels on your friends, family and colleagues
- **Change your behavior by controlling your internal self-talk**
 - Reprogram your mind so that you're nourishing yourself with empowering words
- **Use visual, auditory and kinesthetic cues to reprogram your mind**
 - Get past the initial difficult stages of trying to change your self-talk
- **Use the right type of self-talk to help you improve your life**

- Stop negative thinking and achieve emotional freedom

Change Your Thoughts and You'll Change Your Life

Once you reprogram your mind to stop the crippling self-talk and instead feed your mind with words of empowerment, you will experience less stress and worry, and experience more happiness, joy and success in your relationships and career. I know it because I've lived it...and I can teach you how to get through it!

Why Not?

If you feel that learning these techniques could be useful in helping you achieve your goals and living a happier life, then what are you waiting for? Get the book! Why not? Just one idea in the book might be the what you need to finally stop negative thinking and live a happier life...your investment is cheaper than a cup of coffee, and there's a seven day money-back guarantee. You can simply refund the book for a full refund.

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Michael Chapman:

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Corey Mason:

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Joseph Rankins:

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doesn't forget the main stage, giving the reader the hottest and also based confirm resource details that maybe you can be one among it. This great information can drawn you into fresh stage of crucial pondering.

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