

Investing in You:
Using The Power of Positive Thinking

Table of Contents

INTRODUCTION	5
Positive Thinking is a Bunch of Crap – and Crap Makes Great Fertilizer	5
PLANTING YOUR SEEDS	9
Roots: What’s In Your Garden Now?.....	11
Self-Esteem: Catching the I-Love-Me Disease.....	11
Me-ology: The Self-Esteem Dipstick	13
The Dark Ages: Childhood Programming and Past Letdowns	24
Exercise: Connect-the-influences	26
Getting Back on the Horse	28
Step Away from the Panic Button: Conquering Fear	30
Trauma: Breaking the Chains	36
“It Could Be Worse”: Dramatization and Awareness.....	38
For Your Eyes Only: Journaling to Release	40
Meditation: Connecting Above Pain.....	45
Join the Club: Live and Online Support Groups.....	49
Drop That Horseshoe: There’s No Such Thing as Bad Luck	51
Change Your Mind, Change Your Life	53
Warm-up: Shake Out Negative Kinks	55
Work Those Mouth Muscles.....	56
Do Some Reps.....	58
Cool-Down: Feel the Burn.....	60
Switching Terminals: Hook Up to Positive Energy.....	62
What’s In It for Me?	63
The Buddy System.....	65

Knowledge is Power	65
Sign on the Dotted Line	67
Dangle Your Own Carrot.....	68
Surrender	70
SHOOTS AND LEAVES	72
The First Signs of Your Spring of Rebirth.....	73
Conspiracy Theory: The Biggest Threat to the New You	75
There's Always Tomorrow: Eradicate Procrastination.....	76
Just Say No: How Not to Take On Too Much.....	79
Take Me As I Am: Kicking the Approval Habit.....	85
Know Your Code	86
Graduate from High School	87
Weed Your Friendship Garden	89
Blood is Thicker than Embarrassment.....	90
The Blame Game: Whose Fault Is It, Anyway?	93
Making Your Omelet: How to Learn From Your Mistakes	94
Give Yourself Permission	95
Make Interesting Mistakes	96
'Fess Up	97
Pinpoint Your Error	98
Talk About It.....	99
Keep Good Records	100
If Your Buds Shriveled, Add More Fertilizer.....	102
When the Door Closes, Go Out the Window.....	103
Buried Alive: What to Do When Your Mountain Crumbles	105
Using Your Lifelines.....	106
OPENING YOUR BLOSSOMS.....	109
Poppy Fields: Visualizing in Technicolor.....	109

Preparation: Boarding the Visualization Train	111
Guided visualization	114
Receptive visualization	116
Altered memory visualization.....	118
Worry-Me-Nots and You-Can-Themums.....	121
Cross-Pollination: How to “Bee”.....	125
FRUITION AND HARVEST	140
Natural Attraction: Bringing Love, Money and Success	142
Radiant Relationships	143
Incredible Careers	146
Financial Freedom	150
Dream Delivery.....	152
Awesome Aging.....	153
THE PHYSICAL POWER OF POSITIVE THINKING.....	155
Sit Back and Relax.....	158
CONCLUSION.....	163
Surviving the Winter: Keep Your Garden Alive	163
CHECKLIST FOR THE POSITIVE THINKING PROCESS	165
BIBLIOGRAPHY	166

Investing in You

You have just read the first pages of this ebook.

The full product includes the complete PDF, the editable source file, cover graphics and a private label rights licence. Edit it, put your name on it and sell it as your own.

Get it for £5.81

<https://plrshop.shop/self-help/81-investing-in-you.html>