

Positive Imaging Norman Vincent Peale

This little book contains forty health-producing, life-changing, power-creating thought conditioners...[which] will give clarity and power to your thoughts, peace to your mind, health to your body, and vitality to your life.

"Change your thoughts and you change your life." -- Norman Vincent Peale A Guide to Confident Living shows you how to release your inner powers to achieve confidence and contentment. Using accessible language, Dr. Peale helps you find the way to new energy that will actually revitalize your life. Here, he offers advice on how to:

- free your inner powers
- "talk out" your troubles
- lose your inferiority complex
- achieve a calm center for your life
- practice the power of prayer
- find freedom from fear and sorrow
- attain marital, professional, and personal happiness

Scientists and academics have spent entire careers investigating what makes people happy. But hidden in obscure scholarly journals and reports, their research is all too often inaccessible to ordinary people. Now the bestselling author of the 100 Simple Secrets series distills the scientific findings of over a thousand of the most important studies on happiness into easy-to-digest nuggets of advice. Each of the hundred practices is illustrated with a clear example and illuminated by a straightforward explanation of the science behind it to show you how to transform a ho-hum existence into a full and happy life.

Believe in yourself: Across all ages, and all groups, a solid belief in one's own abilities increases life satisfaction by about 40 percent, and makes us happier both in our home lives and in our work lives. Turn off your TV: Watching too much TV can triple our hunger for more possessions, while reducing our personal contentment by about 5 percent for every hour a day we watch.

Discusses how to address unsatisfactory aspects of life by recognizing opportunities for fulfillment, becoming independent, and overcoming innate psychological obstacles to healthy change.

Hope and Optimism for Life's Battle "Life is a puzzle, to be sure... but to every puzzle there is an answer." The power to do anything you want resides only within you. Be A Winner urges you to make use of it and be everything you have ever wanted to be. The author, Norman Vincent Peale, has outlined in this book, methods of living and attitudes of mind that you can follow to win over any obstacle that may come your way in life. It highlights all the possible sources of your spiritual and personal power and tells you how you can use them to your best possible advantage. Norman Vincent Peale, one of the most influential clergymen of the 20th century, is the author of forty-six books, including the international bestseller The Power of Positive Thinking. He was a progenitor of the theory of "positive thinking". Dr. Peale's legacy continues today through the Peale Center for Christian Living, the Outreach Division of Guideposts.

"This is a result book....It is the story of the thrilling things that happened to people when they applied the principles of dynamic change to their lives." -- Norman Vincent Peale This accessible, all-encompassing guide will help you to achieve success and confidence, a sense of well-being, and an inner strength that you never dreamed possible. How? Through positive thinking -- a form of thought that involves looking for the best results from the worst conditions. Dr. Peale's time-honored methods include:

- step-by-step advice for developing personal strength
- confidence-building words to live by
- sound, sensible ways to overcome self-doubt
- effective strategies for achieving good health
- a program to release the vast energies within you
- accepting ourselves and our individual needs
- embracing the spiritual forces that surround you

'There is a tendency in human nature to ultimately become precisely like that which we imagine or image ourselves as being . . . Imaging is positive thinking carried one step further.' Norman Vincent Peale in the Introduction. THIS BOOK CAN TRANSFORM YOUR SELF-IMAGE FOREVER. We are what we think and while a positive attitude of mind can literally change your life, a negative frame of mind will ultimately destroy you. Norman Vincent Peale, one of the most inspirational writers of our time shows you how to create a positive future and explains how the practise of 'imaging' can help you to:

- * solve your money problems
- * outwit worry
- * banish loneliness and tension
- * improve your health
- * deepen your faith and self-belief
- * relate to others more successfully.

From New York Times bestselling author Andy Andrews comes the return of one of our favorite fictional characters: Jones, the noticer. A mysterious elderly man with white hair and endless wisdom who always appears to show up exactly when he's needed most. At 3:29 a.m. on May 22, a telephone rings in Orange Beach, Alabama. Breaking the sleepy silence inside the bedroom of New York Times bestselling author Andy Andrews, a hastily whispered message heralds the news that Andy has been waiting on for seven years: Jones is back in town. Apparently, however, he is also in jail. The old man is tight-lipped about the circumstances surrounding his brief incarceration. After arriving to bail him out, Andy is shocked to discover that his trusted friend has already opened an unusual business in one of the resort town's most high-profile shopping districts. Jones's Five & Dime seems to always have exactly what visitors are looking for, even as their fate steadily becomes entwined with Jones's. As the town moves from spring to summer, a practical joker is becoming bolder and more inventive with every prank that is pulled. Could Jones be behind some of it? Why? And what will happen if he is? What's the truth about that four-hundred-pound table in his Five & Dime? What compels certain people to gather around it every morning? And why does it look as if every person Jones meets has a secret they will reveal only to him? With rare insight, Andy and Jones take us on a journey that proves the importance of perspective, the power of connection, and the ability we all have to make the impossible come true.

The #1 New York Times–bestselling author of The Power of Positive Thinking provides a treasure trove of daily inspiration. To have a great day every day it helps to think great thoughts and to concentrate on at least one every day. Philosopher, self-help innovator, and minister, Norman Vincent Peale invites readers to Have a Great Day . . . every day! The influential author whose groundbreaking bestseller, The Power of Positive Thinking, changed millions of lives all over the world now offers inspiration for every day of the year with an uplifting volume of positive thought to nourish our souls and spirits, and help us through even the darkest of times. From profound "thought conditioners," accentuating the everyday positive, to "spirit lifters" devised to help us soar above our troubles, Dr. Peale's effective affirmations are "daily vitamins" keeping us mentally and spiritually healthy throughout each and every day of the year. Each dose of Dr. Peale's thought-provoking words of wisdom addresses a specific topic in a wide range of emotional, psychological, and physical concerns—from tapping into our inner strengths to dealing with criticism and negativity, from achieving our personal and professional goals to learning how to release tension and relax. Have a Great Day will gladden the heart with essential insights and inspirations to help each of us live every day to its fullest.

The best-selling guide to thinking positively presents letters, anecdotes, and examples drawn from the author's extensive counseling experience with men and women in order to teach readers how to triumph over adversity. Reprint.

"Those who received help from The Power of Positive Thinking will find in these pages further guidance toward a more dynamic and creative life." -- Norman Vincent Peale What's the secret to feeling alive all your life? A positive attitude. In this upbeat and practical guide to joyous living, Dr. Peale shows in example after example how the magic of attitude can perform miracles in your daily existence. He proves that only with deep and honest belief -- in yourself, your work, and in God -- can these miracles occur. He also makes clear that the achievement of lasting fulfillment is an active process and shows you how to:

- put positive thinking into action
- use the magnificent power of belief
- learn from your mistakes
- make enthusiasm work wonders
- attain self-confidence
- move beyond pain and suffering
- lift depression and live vitally

THIS BOOK IS WRITTEN to suggest techniques and to give examples which demonstrate that you do not need to be defeated by anything, that you can have peace of mind, improved health, and a never

ceasing flow of energy. In short, that your life can be full of joy and satisfaction. Of this I have no doubt at all for I have watched countless persons learn and apply a system of simple procedures that has brought about the foregoing benefits in their lives. These assertions, which may appear extravagant, are based on bona fide demonstrations in actual human experience.

"I am convinced that the fortunate individuals who achieve the most in life are invariably activated by enthusiasm." -- Norman Vincent Peale If you have a tough time coping with life's disturbances, disappointments, and challenges, this book is for you. Dr. Peale offers a simple, sure-fire solution for stress: a healthy dose of enthusiasm. Enthusiasm is the magic ingredient that can make the difference between success and failure, and it can help you to:

- improve your problem-solving abilities
- overcome your fears
- sharpen your mind
- make your job more rewarding
- calm your tensions
- build self-confidence
- kindle the powerful motivation that makes things happen

Gives the following message: If you believe that the power of God within you is equal to any of life's difficulties, then a rewarding life will be yours.

Compiling the wisdom of nine books—including international bestseller *The Power of Positive Thinking*—this timeless classic provides readers with a daily message of inspiration and affirmation from Norman Vincent Peale. Norman Vincent Peale's philosophy of positive thinking has had an unprecedented influence on millions of people throughout the world. Now, the wisdom of nine books—including *The Power of Positive Thinking*—can be found within these pages. Timeless in their message, invaluable in the course of daily life, Dr. Peale's classic books provide inspiration when you most need it and lead the way to a fuller, happier, more satisfying life. With a new introduction by Dr. Peale, *Positive Thinking Every Day* will help make your every day the best it can possibly be.

A treasure trove of inspiration and guidance from the minister and million-selling author of *The Power of Positive Thinking*. Norman Vincent Peale's self-help phenomenon *The Power of Positive Thinking* continues to transform countless lives. The volumes collected here serve to expand and deepen Dr. Peale's life-changing philosophy of positivity. *Have a Great Day: The philosopher, self-help innovator, and minister offers inspiration for every day of the year with an uplifting volume of positive thought to nourish our souls and spirits. From profound "thought conditioners" accentuating the everyday positive to "spirit lifters" devised to help us soar above our troubles, Dr. Peale's affirmations are "daily vitamins" for our mental and spiritual health. Positive Imaging: Building on Dr. Peale's principles of constructive affirmation, this step-by-step guide shows you how to utilize a potent mental process called "imaging." Keeping a clear and vivid picture of a desired goal in your mind until it becomes part of your subconscious will help you break through the barriers that block you from achieving harmony, happiness, and success—and allow you to actualize your objectives by releasing previously untapped inner energies. The Positive Power of Jesus Christ: The revered pastor of the world-famous Marble Collegiate Church proclaims his unshakable faith in Christ the Savior through inspiring true stories of healing and hope. In sharing the ways in which his life and the lives of others have been profoundly touched and transformed by Jesus, Dr. Peale makes plain how "positive thinking really means a faith attitude . . . [and] only faith can turn the life around."*

The #1 New York Times–bestselling author and self-help expert combines visualization and prayer to enhance the power of positive thinking. Norman Vincent Peale's groundbreaking self-help classic, *The Power of Positive Thinking*, has dramatically transformed countless lives throughout the world with its powerful message of constructive affirmation. *Positive Imaging* builds on the principles originally presented in Dr. Peale's life-changing, multi-million-copy bestseller, offering step-by-step guidance that will help you break through the barriers that stand in the way of achieving the harmony, happiness, and success you so fervently desire. In this essential volume, Dr. Peale takes the positive thinking idea a step further. By employing a potent mental process called "imaging," you can eliminate problems and take firm control of your life. Keeping a clear and vivid picture of a desired goal in your mind until it becomes part of your subconscious will help you actualize your objectives by releasing previously untapped inner energies. With *Positive Imaging* you can banish fear and loneliness, strengthen and gain new confidence in your interpersonal relationships, improve your health, and eliminate your financial worries. The path to mental and physical wellness, spiritual well-being, and overall success in life is opening up right in front of you—let Dr. Peale show you the way.

When Donald Trump was married to his first wife Ivana Ivana Zelnícková in 1977, the family minister who officiated the wedding was the preacher and author of *The Power of Positive Thinking*, Norman Vincent Peale. Perhaps more than any other figure in American public life in the last decade, Donald Trump has been able to reimagine Peale's message of positive thinking to his political advantage. "I never think of the negative," he said after the opening of Trump Tower in 1983. Both Trump and Peale have appealed to people who, like themselves, have felt marginalized by an intellectual and cultural elite. Peale's 1952 book, which helped to drive the religious revival of the 1950s, remains a perennial bestseller, and has affected the lives of a vast public in the United States and around the world. In *God's Salesman*, Carol V. R. George used interviews with Peale himself as well as exclusive access to his manuscript collection to provide the first full-length scholarly account of Peale and his highly visible career. George explores the evolution of Peale's message of Practical Christianity, the belief that when positive thinking was combined with affirmative prayer, the technique of "imaging," and purposeful action, the result was a changed life. It was a message with special appeal for many in the post-War middle class struggling to rebuild their lives and have a voice in society. George examines the formative influences on Peale's thinking, especially his devout Methodist parents, his early exposure to and then enthusiastic acceptance of Ralph Waldo Emerson and William James, and his almost instinctive attraction to evangelicalism, particularly as it was manifested politically. Twenty-five years after its initial publication, and with a new foreword by Kate Bowler, *God's Salesman* remains a timely portrait of the man and his movement, and the vital role that both played in the rethinking and restructuring of American religious life over the last seventy years.

Best-selling classics by Norman Vincent Peale *The Power of Positive Thinking* (special 35th anniversary edition). The greatest inspirational best seller of the century offers confidence without fear and a life of enrichment and luminous vitality. *Inspiring Messages for Daily Living*. Realistic, practical answers to the hundreds of problems we face from day to day -- ordinary problems encountered in personal difficulties, in family relationships, on the job, and in dealing with those around us. *You Can if You Think You Can*. Dramatic, heartwarming stories of how men and women -- of all ages and in all walks of life -- transformed their lives and careers by following Dr. Peale's philosophy of positive thinking. Learn to develop the vital knowledge of inner power to carry you over every obstacle. *The Art of Real Happiness* (written with Smiley Blanton, M.D.). An unusual blend of age-old truths and modern psychiatric techniques. Peale and Blanton identify -- and show how to overcome -- essential problems and conflicts that so often plague us and frustrate our chances for happiness.

"The positive principle is based on the fact that there is always an answer, a right answer, and that positive thinking through a sound intellectual process can always produce that answer." -- Norman Vincent Peale How do you turn potentially devastating situations into actual life-strengthening experiences? Through the positive principle. In this groundbreaking book, Dr. Peale shows you how to renew and sustain the power of positive thinking...and take a new look at the word impossible. Using the positive principle, you'll learn how to:

- Organize your personality forces into action
- Use self-repeating enthusiasm
- Drop old, tired, gloomy thoughts and habits
- Work wonders with a can-do attitude
- React creatively to upsetting situations
- Believe that nothing can get you down
- Use the power of faith to come alive

Own Your Glow is an inspirational, actionable, and wildly enriching companion for change. Celebrity wellness and lifestyle guru, Latham Thomas provides soulful principles that offer an illuminated path for examining life's challenges, helping you curate your path to greatness, while embracing your uniquely feminine attributes. Packed with rituals, meditations, and snackable lifestyle tips, Thomas provides a clear framework for harnessing your passion, developing spiritual fitness, and embracing true vulnerability. This guide is for anyone who wants to witness her own life transform and contribute to the positive

change of the world around her. Combining spiritual, psychological, and self-reflective tools, Thomas offers an antidote to the hustle-hard, make-it-happen mainstream culture and fosters slowing down, intentionality, and self-care as a pathway to empowerment. How much more potent and powerful would we all be if we embraced our inherent talents, strengths, and feminine edge, rather than dwelling in patterns of self-criticism, doubt, and catty competition? Thomas invites you to step into a soulful, fulfilling life of freedom, transcending self-destructive habits and creating a blueprint for a more gratifying, centered, and bountiful way of living. *Own Your Glow* is an awakening roar for women to mobilize, become the masters of their lives, and hold their crowned heads up high, letting their relentless light from within shine bright for the world.

As nearly four million readers have learned from his three previous books, Dave Pelzer doesn't believe in feeling sorry for himself. Abused mercilessly by his mother as a child, Dave has taken everything that happened to him and turned it into something positive so that he can help others. Now happily married and with a child of his own, he celebrates the twin pillars of strength that saw him through his darkest hours: resilience and gratitude. And he shows how anyone can tap into these virtues to live a better and more fulfilling life. In *Help Yourself*, Dave Pelzer explains how to move beyond a painful history, harmful negative thoughts, and innumerable setbacks by urging readers to take control and be accountable for their lives. Filled with his own history, as well as the personal struggles of others who have learned how to turn adversity into triumph, *Help Yourself* is a rousing call to readers who want real answers to real problems. Never before in paperback, it will undoubtedly join Pelzer's previous paperbacks on bestseller lists for years to come.

The #1 New York Times–bestselling author of *The Power of Positive Thinking* shows readers how to put his philosophy of optimism into action. Millions of people around the world have changed their lives for the better, thanks to Norman Vincent Peale and his Positive Thinking philosophy. Dr. Peale's groundbreaking program of affirmation and positive visualization is an amazingly effective way to overcome any obstacles that may stand between you and success, happiness, and your mental, emotional, physical, and spiritual health and well-being. Positive Thinking works—and in *The Power of Positive Living*, Dr. Peale demonstrates how to use these techniques to conquer the fears and crippling adversity that may be holding you back from realizing your true potential in life. Self-confidence is the key and this book shows us how we can do it! With the “get-it-done twins,” patience and perseverance, any believer can be an achiever! Dr. Peale provides inspiring success stories from his own extensive experience as a counselor—such as a department store executive who turned his store into one of the chain's most profitable by focusing on his past successes rather than his failures, and a woman who recovered her self-confidence and joy and purpose in living when she started volunteering with cancer survivors after her own breast cancer diagnosis cut short her modeling career. The wisdom, guidance, and practical advice provided in *The Power of Positive Living* will give you faith in yourself and in your power to achieve absolutely anything!

Ask for it, Prepare for it; Believing you already have it! This "Universe Version" is an update of the original "The Game Of Life and How To Play It" written in 1925 by Florence Scovel Shinn. Flossie was an extraordinary teacher of prosperity and the power of thoughts. Teaching that life is a game and in order to play it well, we must understand the Universal Laws that govern it. She showed her students and readers how to win at health, prosperity, love and happiness by mastering the game. Simply put her philosophy teaches that we can have all that we desire, we just have ask for it and prepare for it in the absolute belief that what we want is already ours. These Spiritual Laws really do work . . . if you work them! Julie-Anne Lee Kinney has updated Flossie's original text to make the spiritual principles instead of religion the focal point. Many of her clients had religious triggers, so in an effort to meet their needs and expand this amazing book's reach, she has adapted most of the religious language and references and replaced them with "The Universe." She also edited the male pronouns out to make it inclusive to both men and women as well as adding in a summary of the steps, giving you the "How" to put it all into action. To practice the principles beyond the reading of this book Julie-Anne created www.holdingyourvision.com. Here you can put these principles into tangible action with guided steps, tools and daily actions. With a place to privately store all of your work and a community of like minded peeps to put their positive energy towards your dreams!

The tenth-anniversary edition of the book that changed lives in profound ways, now with a new foreword and afterword. In 2006, a groundbreaking feature-length film revealed the great mystery of the universe—*The Secret*—and, later that year, Rhonda Byrne followed with a book that became a worldwide bestseller. Fragments of a Great Secret have been found in the oral traditions, in literature, in religions and philosophies throughout the centuries. For the first time, all the pieces of *The Secret* come together in an incredible revelation that will be life-transforming for all who experience it. In this book, you'll learn how to use *The Secret* in every aspect of your life—money, health, relationships, happiness, and in every interaction you have in the world. You'll begin to understand the hidden, untapped power that's within you, and this revelation can bring joy to every aspect of your life. *The Secret* contains wisdom from modern-day teachers—men and women who have used it to achieve health, wealth, and happiness. By applying the knowledge of *The Secret*, they bring to light compelling stories of eradicating disease, acquiring massive wealth, overcoming obstacles, and achieving what many would regard as impossible.

Translated into 15 languages with more than 7 million copies sold, *The Power of Positive Thinking* is unparalleled in its extraordinary capacity for restoring the faltering faith of millions. This book will show you how you can deal more effectively with tough situations and difficult people, and dramatically improve your performance and confidence. You will learn: • How to eliminate that most devastating handicap—self doubt • How to free yourself from worry, stress and resentment • How to climb above problems to visualize solutions and then attain them With inspiring examples and anecdotes, the book successfully delivers stimulating ideas and practical techniques to adopt optimism and live a victorious life. *The Power of Positive Thinking* is a phenomenal bestseller that has inspired millions of people across the world.

Author of the greatest inspirational bestseller of our time offers positive strategies for success in business and personal life. The remarkable self-help phenomenon, *The Power of Positive Thinking*, plus the successful *The Positive Principle Today* and *Enthusiasm Makes the Difference* show why Norman Vincent Peale has helped millions of readers transform their lives and find joy and fulfillment.

The inspiring autobiography of the world-renowned minister and revered self-help giant whose positive thinking techniques have bettered the lives of millions of people In his 95 years, Norman Vincent Peale made a profound difference. The son of a minister in Lynchburg, Ohio, he went on to preach the Lord's word at Manhattan's now-famous Marble Collegiate Church, where he

served as pastor for 52 years and oversaw the church's growth from 600 members to more than 5,000. He had a popular radio program for more than half a century, and appeared regularly on television. But perhaps his most lasting and powerful contribution was as author of the mega-bestseller *The Power of Positive Thinking*, the groundbreaking book that provided new guidance and hope and changed countless lives for generations throughout the world. *The True Joy of Positive Living* is the inspiring true story of a humble man who started out poor in a small Midwestern town and rose to become one of the most famous and influential American figures of the 20th century—a man of God who was awarded the Presidential Medal of Freedom, the country's highest civilian honor, by President Ronald Reagan in 1984. Together with his wife Ruth, Dr. Peale founded the Peale Center for Christian Living and *Guideposts* magazine to ensure that his messages of self-confidence and the power of faith would continue to guide millions around the world even after his death. In his own uplifting words, Dr. Peale shares the story of a remarkable life lived with dignity and purpose. This stirring chronicle of an extraordinary soul—his unwavering service to the Lord and his remarkable development of the principles of positivity that had a life-altering effect on so many—will be an inspiration to all who read it.

Positive Imaging *The Powerful Way to Change Your Life* Open Road Media

Work with your triggers to find peace in the painful moments and lasting emotional well-being. Psychotherapist David Richo examines the science of triggers and our reactions of fear, anger, and sadness. He helps us understand why our bodies respond before our minds have a chance to make sense of a situation. By looking deeply at the roots of what provokes us—the words, actions, and even sensory elements like smell—we find opportunities to understand the origins of our triggers and train our bodies to remain calm in the face of painful memories. The book offers in-the-moment exercises on how to process difficult emotions and physical manifestations in order to cultivate the inner resources necessary to deal with recurring memories of trauma. When we are triggered, Richo writes, "we are being bullied by our own unfinished business." Explore what your body's knee-jerk reactions can teach you. *Triggers: How We Can Stop Reacting and Start Healing* acts as a guide to your body's powerful responses, helping you to remain calm under pressure and discover the key to emotional healing.

The #1 New York Times–bestselling author of *The Power of Positive Thinking* shows how to transform optimism and confidence into concrete, real-world results. There is a definite relationship between positive thinking and positive or good results. Norman Vincent Peale, one of the 20th century's most influential self-help experts and spiritual leaders, introduced his practical and effective techniques for happiness and success in his groundbreaking book, *The Power of Positive Thinking*. In *Why Some Positive Thinkers Get Powerful Results*, Dr. Peale goes deeper, providing the specific tools you need to turn self-doubt into unshakable confidence and optimistic dreams into tangible reality. Included in this essential guidebook to a better life are 10 powerful techniques for setting and realizing your goals, a 3-point plan for eliminating depression, 6 positive thoughts that will quash destructive habits and impulses, a 3-point guide to a healthy body, mind, and spirit, and much, much more. Dr. Peale will make you a believer, in your life and in yourself, with essential wisdom and practical applications designed to help you become a truly positive and fulfilled human being.

"Gabrielle is the real thing. I respect her work immensely." —Dr. Wayne Dyer "A new role model." —The New York Times "I came to one of Bernstein's monthly lectures and got my first look at the woman I'd one day unabashedly refer to as 'my guru.'" —Elle From #1 New York Times bestselling author Gabrielle Bernstein comes a clear, proactive, step-by-step process to release the beliefs that hold you back from living a better life. This six-step practice offers many promises. Petty resentments will disappear, compassion will replace attack, the energy of resistance will transform into freedom and you'll feel more peace and happiness than you've ever known. I can testify to these results because I've lived them. I've never felt more freedom and joy than I have when writing and practicing these steps. My commitment to healing my own relationship to judgment has changed my life in profound ways. My awareness of my judgment has helped me become a more mindful and conscious person. My willingness to heal these perceptions has set me free. I have been able to let go of resentments and jealousies, I can face pain with curiosity and love, and I forgive others and myself much more easily. Best of all, I have a healthy relationship to judgment so that I can witness when it shows up and I can use these steps to quickly return to love. *The Judgment Detox* is an interactive six-step process that calls on spiritual principles from the text *A Course in Miracles*, Kundalini yoga, the Emotional Freedom Technique (aka Tapping), meditation, prayer and metaphysical teachings. I've demystified these principles to make them easy to commit to and apply in your daily life. Each lesson builds upon the next to support true healing. When you commit to following the process and become willing to let go, judgment, pain and suffering will begin to dissolve. And the miracles will keep coming. Once you begin to feel better you start to release your resistance to love. The more you practice these steps, the more love enters into your consciousness and into your energetic vibration. When you're in harmony with love, you receive more of what you want. Your energy attracts its likeness. So when you shift your energy from defensive judgment to free-flowing love your life gets awesome. You'll attract exactly what you need, your relationships will heal, your health will improve and you'll feel safer and more secure. One loving thought at a time creates a miracle. Follow these steps to clear all blocks, spread more love and live a miraculous life.

A no-nonsense guide to letting go of limitations and creating the life you want now.

A life-affirming treasure trove of daily inspiration from the bestselling "guru" of positive thinking To have a great day every day it helps to think great thoughts and to concentrate on at least one every day. Philosopher, self-help innovator, and minister, Norman Vincent Peale invites readers to Have a Great Day . . . every day! The influential author whose groundbreaking bestseller, *The Power of Positive Thinking*, changed millions of lives all over the world now offers inspiration for every day of the year with an uplifting volume of positive thought to nourish our souls and spirits, and help us through even the darkest of times. From profound "thought conditioners," accentuating the everyday positive, to "spirit lifters" devised to help us soar above our troubles, Dr. Peale's effective affirmations are "daily vitamins" keeping us mentally and spiritually healthy throughout each and every day of the year. Each dose of Dr. Peale's thought-provoking words of wisdom addresses a specific topic in a wide range of emotional, psychological, and physical concerns—from tapping into our inner strengths to dealing with criticism and negativity, from achieving our personal and professional goals to learning how to release tension and relax. *Have a Great Day* will gladden the heart with essential insights and inspirations to help each of us live every day to its fullest. Dr. Norman Vincent Peale (1898-1993) was a Methodist minister, motivational speaker, and bestselling author renowned for promoting positive thinking as a means to happiness and success. He served as the pastor of the Marble Collegiate Church in Manhattan for fifty-two years and delivered sermons nationwide on his radio and television program *The Art of Living* for several decades. In 1952, he published his most influential and popular book, *The Power of Positive Thinking*, which has been translated into dozens of languages and has sold more than twenty million copies worldwide. Peale espoused optimism and faith in numerous other books, including *Why Some Positive Thinkers Get Positive Results*, *The Power of Positive Living*, and *The Positive Power of Jesus Christ*. Peale was the cofounder of the Horatio Alger Association, an organization committed to recognizing and fostering success in individuals who have overcome adversity. The association annually grants the memorial Norman Vincent Peale Award to a member who has made exceptional humanitarian contributions. With his wife, Ruth, the author also cofounded the Peale Center for Christian Living, as well as *Guideposts*—an organization that encourages positive thinking and spirituality through its non-denominational ministry services and publications with a circulation of more than 4.5 million. In 1984, Ronald Reagan awarded Peale with the Presidential Medal of Freedom, the United States'

highest civilian honor, for his contributions to theology.

Too many of us feel trapped in stagnant romantic, family, or workplace relationships. Weighed down by toxic thoughts and emotions, we might be quick to judge and slow to pardon, and self-righteous about our feelings as we dwell on memories of what we or others did (or failed to do). In this tradepaper edition, Iyanla Vanzant challenges us to liberate ourselves from the wounds of the past and to embrace the new power of forgiveness. With Iyanla's 21-Day Forgiveness Plan, you'll explore relationship dynamics with your parents, children, friends, partners, co-workers, bosses, yourself, and even God. With journaling work and Emotional Freedom Techniques (also known as "tapping"), you'll learn to live with more love; gain new clarity on your life, lessons, and blessings; and discover a new level of personal freedom, peace, and well-being. Forgiveness doesn't mean agreeing with, condoning, or even liking what has happened. Forgiveness means letting go and knowing that—regardless of how challenging, frightening, or difficult an experience may seem—everything is just as it needs to be in order for you to grow and learn. When you focus on how things "should" be, you deny the presence and power of love. Accept the events of the past, while being willing to change your perspective on them. As Iyanla says, "Only forgiveness can liberate minds and hearts once held captive by anger, bitterness, resentment, and fear. Forgiveness is a true path to freedom that can renew faith, build trust, and nourish the soul."

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