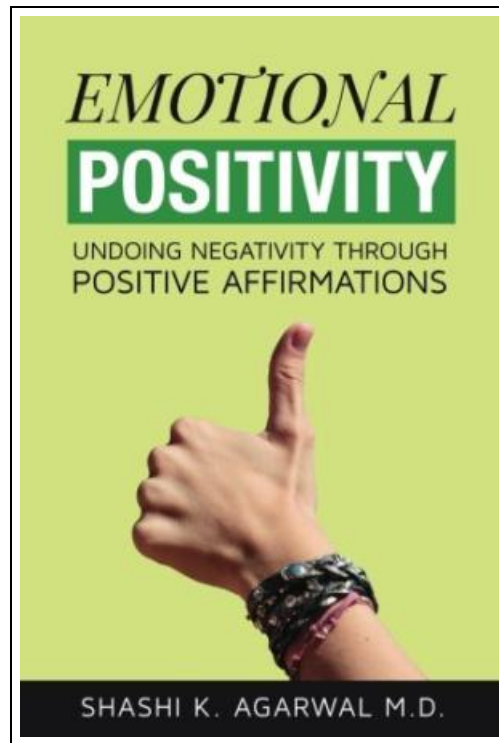


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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.We are surrounded by negativity. The news, both present and past, is glutted with crime, terrorism, diseases, natural disasters, religious atrocities, scandals and corruption. And we appear to accept this toxic bombardment, and even pro-actively search for more gloomy news. This obsession may stem from our brain s hardware and software, that in the past, was more vigilant - for negative situations, such as the presence of a saber-toothed tiger. This ensured survival. Unfortunately, although we are no longer worried about being mauled by wild animals, newer concerns, such as space asteroids destroying life on earth or the extinction of humans with nuclear weapons, have evolved, sending our fears spiraling upwards. We are now steeped neck deep in negativity. It is said that if we think about 20,000 to 60,000 thoughts per day, 80 of them are negative. Further, 95 of these thoughts are repetitious. These negative thoughts, containing words such as never and cannot , not only lower our self-esteem and increase our anxiety, but also produce chemicals that gradually corrode our bodily systems. They weaken us, and they exhaust us. They make us unhappy and they decrease our health span and our life span. Scientific studies have shown that we can modify the genetic and environmental negative imprint on our brain by positive self-affirmations. The brain has the capacity for re-writing its information - replacing negative data with positive. Our spontaneous thoughts originating from these locations now become less negative. It also has the ability of re-wiring itself - to take sensory impulses away from negative destinations to positive destinations. This way our response to situations will not only be judged less negatively but will result in more acceptable actions....

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