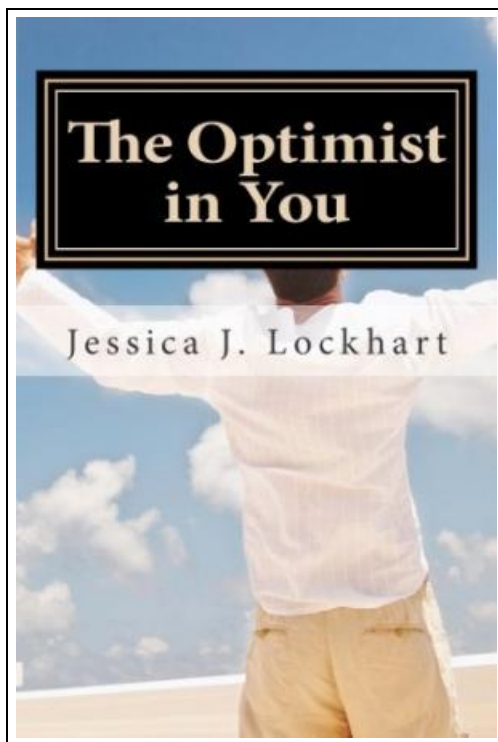


The Optimist in You: An Optimism-Coaching Handbook



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Reviews

Absolutely among the finest pdf I have got possibly read. I am quite late in start reading this one, but better then never. It is extremely difficult to leave it before concluding, once you begin to read the book.
(Prof. Lois Cormier II)

THE OPTIMIST IN YOU: AN OPTIMISM-COACHING HANDBOOK



CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 138 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. Optimism really moves the world. If you lack the energy, the drive, the will or the motivation and would like to leave apathy and sadness behind, this book is for you. THE OPTIMIST IN YOU, AN OPTIMISM-COACHING HANDBOOK, gives you practical tools to regain your energy, joy, strength and happiness. Improve your quality of life, widen your worldview and enjoy a longer, happier and more successful life. Hold the reins to your life and reach the goals you choose. An authentic optimist never gives up and always finds ways forward. This manual gives you strategies to do likewise. Optimism is nurtured by common sense and logic. Several scientific studies have demonstrated on countless occasions that optimists live longer, healthier and more productive lives. At present, there are many companies that perform optimism assessments during their selection processes because they know that the real optimists contribute more to their company. True optimism does not idealize reality but perceives it objectively and then grows from it with firmness and decision. THE OPTIMIST IN YOU, AN OPTIMISM-COACHING HANDBOOK includes tools for immediate use that allow you to turn a depressed or melancholic mood into a cheerful, powerful and creative one. The book includes an assessment test to help you measure your real level of optimism and a method to measure your optimism in the different fields of life in order to identify which ones are empty and hollow. It also includes strategies and ideas to recover the longer-lasting optimism that helps you face life with hope and with a strong sense of personal power. Find out how to recover your old decisiveness and courage and start enjoying every sunrise again. This toolkit frees...



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