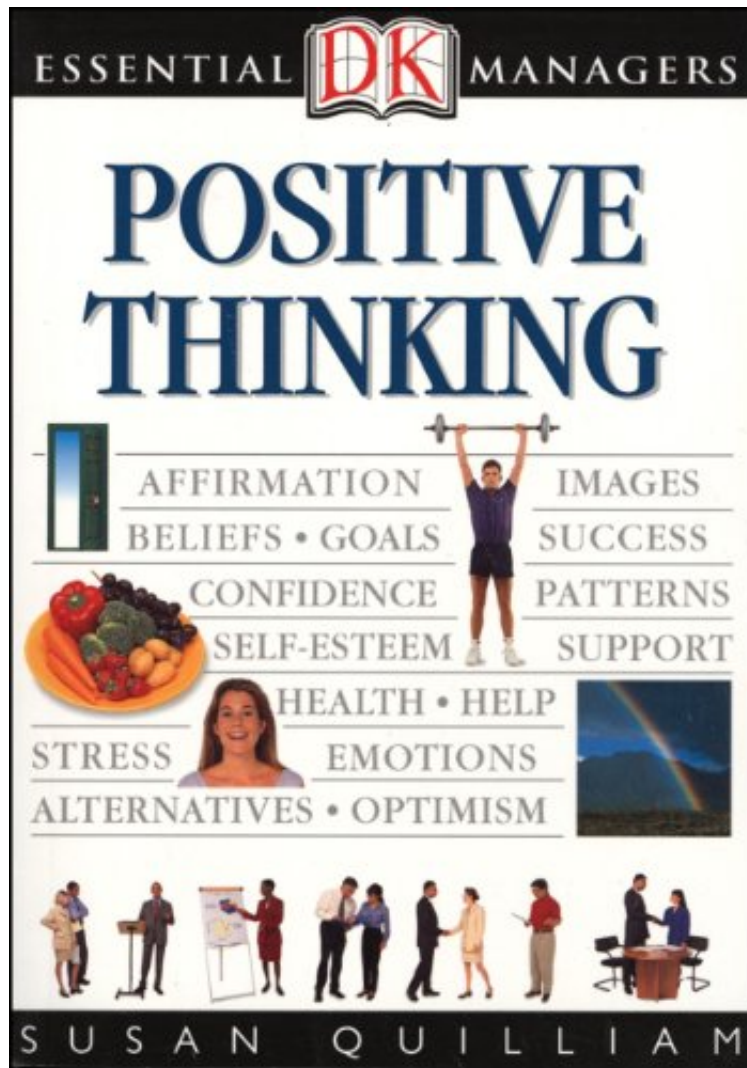


DK Essential Managers: Positive Thinking

Susan Quilliam

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Susan Quilliam : DK Essential Managers: Positive Thinking before purchasing it in order to gage whether or not it would be worth my time, and all praised DK Essential Managers: Positive Thinking:

0 of 0 people found the following review helpful. Sums it all upBy JonDSSusan Quilliam gives us an excellent overview on the topic of positive thinking. While she hasn't written anything new - it is how she writes it that makes a difference. It is short and to the point. If you think about what you read then you'll be able to take what she offers and shape it into your life and life style. So, get it concise and then get on with enjoying life!3 of 3 people found the following review helpful. weLEAD Book Review by the Editor of leadingtoday.orgBy Greg L. ThomasPositive Thinking is one of those small books you find at the airport kiosk. Many books of this type tend to be shallow and superficial. Many are also poorly written and lack so much detail they can fairly be called "McInformation". However,

this book was a pleasant surprise and offers the reader a good value at about \$7.00 US. Leaders know the vital importance of being a beacon of positive thinking and any book on the subject is worth a look and review. It begins by defining positive thinking and step-by-step this paperback helps the reader to analyze their present perspective and improve it. It provides clear information on how to alter your mental image, begin using constructive language and rethink your beliefs about the world. The middle of the book discusses managing emotions, goal setting and seeking meaning out of life. The final section is centered around living a positive life with the environment we create, good relationships, keeping healthy, managing stress and aging. Like most books of this type, Positive Thinking is not strong on detailed information or references. Rather is it pithy and imparts most information with bullet points and simple charts. However, the book is well-written and provides a good foundation on this important subject. It has practical and logical content that can indeed change the reader's perspective if applied effectively and seriously. It has excellent and colorful graphic content as well as offering a few self-tests for your own personal analysis. Positive Living will never be considered a great book but that was not its intention. Its purpose is to impart interesting and reliable knowledge during the length of a typical plane ride. It meets this goal with flying colors. 4 of 4 people found the following review helpful. may alter the way you think.. By A Customer very enjoyable to read, set out in a clear concise format with illustrations and focus points. Lots of practical advice and exercises that can really turn around negative approaches to positive thinking. Questionnaires at the beginning and end of book very useful in indicating improvements. Strongly recommended to anyone wanting to think more positively..

Positive thinking can help you realize your goals, but for most people, it's a skill that has to be learned and practiced regularly. This book uses expert tips, clear text, and hard-working illustrations to show you how to assess your thinking patterns and change your negative perceptions in order to live a confident, fulfilled life.