



You Can be an Optimist: Change Your Thinking, Change Your Life

Lucy MacDonald

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Do you want to stop thinking negatively? Are you looking for greater happiness and more confidence?

Optimism is an attitude that sets us up for life success by helping us focus on what works and how we contribute to what works. Optimistic people have more fun, are healthier and achieve more of their potential. Optimistic thinking is a skill that anyone can learn. In this simple easy-to-use book, Lucy Macdonald will show you how to harness the power of optimism to help you create a more positive, upbeat attitude to life.

The book contains 20 specially devised exercises that include simple practices such as journaling, visualisation, affirmations and simple physical exercises.

With its foundations in scientific principals of cognitive behaviour, You Can Be An Optimist will show you how to:

- Boost your optimism
- Recognise and deal with problems as they arise
- Stop being negative and nurture a positive outlook
- Deal with stress and increase your motivation
- Be happier and more successful

This book will help you to plug into the power of optimism, improve your health and create happiness for yourself and those around you.

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