



# Positive Thinking: Everything you have always known about positive thinking but were afraid to put into practice

By Vera Peiffer

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## Positive Thinking: Everything you have always known about positive thinking but were afraid to put into practice By Vera Peiffer

This book helps you set up a personal success program that looks at stress at work and at home, pinpoints how stress, worry and other confidence zappers develop, and tackles the symptoms of an unhealthy lifestyle.

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- Sales Rank: #3602449 in Books
- Published on: 2002-05-25
- Original language: English
- Number of items: 1
- Dimensions: 8.40" h x .55" w x 6.38" l, .82 pounds
- Binding: Paperback
- 208 pages



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