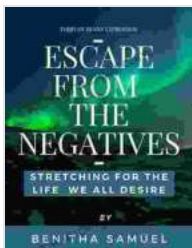


Escape From The Negative: Banish the Inner Critic and Embrace Positivity

Are you tired of feeling down on yourself? Do you constantly worry about what could go wrong? Do you feel like you're never good enough?

If so, you're not alone. Many people struggle with negative thinking. But there is hope. You can escape from the negative and embrace positivity.

In her new book, *Escape From The Negative*, psychologist and happiness expert Dr. Amy Johnson offers a powerful and practical guide to overcoming negative thinking and living a more positive life. Drawing on the latest research in psychology and neuroscience, Dr. Johnson provides a step-by-step plan to help you:



ESCAPE FROM THE NEGATIVE: STRETCHING FOR THE LIFE WE ALL DESIRE by Benitha Samuel

★★★★★ 5 out of 5

Language : English
File size : 22102 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Lending : Enabled
Print length : 45 pages



- Identify and challenge your negative thoughts
- Rewire your brain for positivity

- Create a life you love

Escape From The Negative is filled with practical exercises and strategies that you can use to start making a change in your life today. If you're ready to banish the inner critic and embrace positivity, this book is for you.

In Escape From The Negative, you'll learn how to:

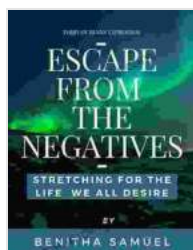
- **Identify your negative thoughts.** The first step to overcoming negative thinking is to become aware of your negative thoughts. Once you know what your negative thoughts are, you can start to challenge them.
- **Challenge your negative thoughts.** Once you've identified your negative thoughts, you can start to challenge them. Ask yourself if there's any evidence to support your negative thoughts. Are you really as bad as you think you are? Are things really as hopeless as they seem?
- **Rewire your brain for positivity.** Negative thinking can actually rewire your brain for negativity. But the good news is that you can also rewire your brain for positivity. By practicing positive thinking, you can create new neural pathways in your brain that support positive thoughts and feelings.
- **Create a life you love.** Once you've overcome negative thinking, you can start to create a life you love. You'll be able to set goals, take risks, and go after your dreams with confidence.
- You're tired of feeling down on yourself
- You constantly worry about what could go wrong

- You feel like you're never good enough
- You want to overcome negative thinking
- You want to live a more positive life

If you're ready to make a change in your life, *Escape From The Negative* is the book for you.

Escape From The Negative is available now on [Our Book Library.com](http://OurBookLibrary.com).
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