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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
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**Positive Thinking**

**By Bob Osgoodby**

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The late Norman Vincent Peale was a controversial preacher who burst into public consciousness with his best-selling book, "The Power of Positive Thinking". He believed that ordinary people could become really quite remarkable when they start thinking that they can do things, and when they believe in themselves, they have the secret of success.

So many people trying to start a business, don't believe in themselves. They look for advice from self proclaimed "gurus" and try very little on their own. Any MLMer will tell you about the power of duplicatable systems. While much of this is true, and it is not always necessary to re-invent the wheel, many miss a very important point.

A duplicatable system does not demand that you memorize a script. It basically means that you know your product, and have seen what has worked for others, and follow their lead. If you add your own ingenuity and your sales efforts, you will do even better.

If you aren't the creative type, it really is best to follow a tried and true system. But if you are, you are selling yourself short if you don't branch out and develop some of your own techniques. If you believe in yourself as well as your product you have a winning combination.

If you look back in history, you will see many examples of ordinary people who have achieved extraordinary results. Many of the best known people who have left their mark in the pages of history, failed a number of times on their climb up the ladder.

## Positive Thinking

This is not a "history lesson" so we won't go into the specifics, but there is no doubt this is true.

These people all had something in common. They had self confidence as well as tenacity in achieving their goals, and a sense of fulfillment. Most successful people have a "can do" attitude. While failure is always a possibility, they don't become fixated on avoiding failure and approach life with an upbeat attitude.

You must however have a goal clearly in mind. This can be referred as a vision of what you want your life to be. It's like

the parent asking their child what they want to be when they grow up. If you don't have a clear vision as to where you want to be, your odds of success are greatly diminished. You, and only you, can decide where you want to go on your travel through life.

But you can't sit on the top of a hill and think pleasant thoughts all day. You have to come down to the real world and set your goals and objectives. You have to set priorities and have a plan to meet them on a regular basis. You must have a plan of action, and follow it. In other words, "plan your work and work your plan". While things come up to delay you at times, you must meet your goals each day. You must be organized, and have a system in place to attain your objectives. Without one, your ship will certainly founder. Excuses don't count. Leave these behind you. Build your own personal image of success.

Do you spend any time honing your skills? Community involvement is a great way to do this. Get out and meet people. Do some public speaking – anything to allow you to practice your techniques when dealing with people. Most sales are not product driven. If people believe in you, you are more than halfway home to making a sale.

If you are fired with enthusiastic ideas and allow them to dominate your thoughts, you will find that new horizons will open. As long as your enthusiasm lasts, so will new opportunities. Don't wait for the world to beat a path to your door – it won't. Search out and seek new ventures.

Allow yourself to think outside the boundaries. Remember, failure is merely a stepping stone on your road to success, and if you exercise positive thinking, you will reach your objective.

Bob publishes the free weekly "Your Business" Newsletter Visit his Web Site at <http://adv-marketing.com/business> to subscribe. 787 Ad Copy Templates! Write ads in only minutes! visit: <http://www.ldpublishing.com>

### **The Power of Negative Thinking**

**By Remez Sasson**

#### **The Power of Negative Thinking by Remez Sasson**

For some reason, most people find it easier to think in a negative way than in a positive manner. It seems that some effort is needed to think positive thoughts, whereas negative thoughts come easily and uninvited. This has much to do with education and the environment one has been living in.

In order to understand how positive thinking works, and how to use it efficiently, it is important to understand the power of negative thinking.

If you have been brought up in a happy and positive atmosphere, where people value success and self-improvement, then it will be easier for you to think positively and expect success. If you have been brought up under poor or difficult situations, you will probably go on expecting difficulties and failure.

From an early age people let outside influences shape their minds. They view everything through their predominant mental attitude. If their thoughts are positive, that is fine, but if they are negative, their lives and circumstances will probably mirror these thoughts.

If you believe that you are going to fail, you will unconsciously sabotage every opportunity to succeed. If you are afraid of meeting new people or having close relationships, you will do everything to avoid people and relationships, and then complain that you are lonely and nobody loves you.

Do you often think about difficulties, failure and disasters? Do you keep thinking about the negative news you have seen on the TV or read in the newspapers?

Do you see yourself stuck and unable to improve your life or your health? Do you frequently think that you do not deserve happiness or money, or that it is too difficult to get them? If you do, then you will close your mind, see no opportunities, and behave and react in such ways, as to repel people and opportunities. You let the power of negative thinking rule your life.

The mind does not usually judge or examine thoughts and opinions before accepting them. If what it hears, sees and reads is always negative, it accepts this as the standard way of thinking and behavior.

The media constantly bombards the mind with a lot of information about disasters, catastrophes, wars and other negative happenings. This information sinks into the subconscious mind, and let the power of negative thinking grow. By occupying the mind with negative thoughts and expectations one radiate negative energy into the surrounding world, thus creating and recreating more negativity, failures and disasters.

## Positive Thinking

The mind can be directed towards positive thinking or negative thinking. The power of thoughts is a neutral power. The way one thinks determines whether the results are positive and beneficial or negative and harmful. It is the same of energy acting in different ways.

Persistent inner work can change habits of thoughts. You must be willing to put energy and time to

avoid negative thinking and pursue positive thinking, in order to change your mental attitude.

Each time you catch yourself thinking a negative thought, change it into a positive one.

If you catch yourself visualizing failure, switch to visualizing success.

If you hear yourself repeating negative words, switch to positive ones.

If you hear yourself saying, "I cannot", say to yourself, "I can".

Do you repeat useless and unnecessary negative words and phrases in your mind? Change them to positive ones.

Open your mind to positive attitude, happenings and events. Expect them and think about them, and soon you life will change for the better.

Decide that from today, from this very moment, you are leaving negative thinking behind, and starting on the way towards positive thinking and behavior. It is never too late. Soon your life will turn into a fascinating, wonderful journey.

Remez Sasson writes and teaches about spiritual growth, meditation, positive thinking, creative visualization and mind power, and issues a biweekly ezine, "Consciousness and Success". He is the author of two books, "Will power and Self-Discipline" and "Visualize and Achieve". Website:

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