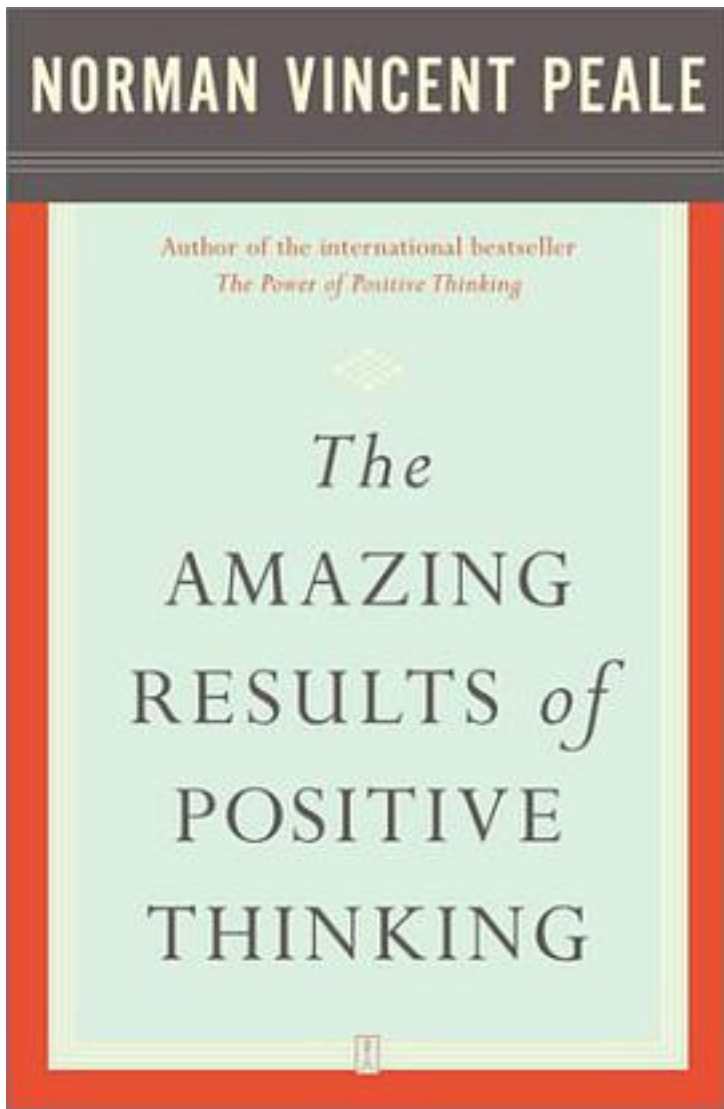


The Amazing Results of Positive Thinking



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著者:Dr. Norman Vincent Peale

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"This is a result book....It is the story of the thrilling things that happened to people when they applied the principles of dynamic change to their lives." -- Norman Vincent Peale

This accessible, all-encompassing guide will help you to achieve success and confidence, a sense of well-being, and an inner strength that you never dreamed possible. How? Through positive thinking -- a form of thought that involves looking for the best results from the worst conditions. Dr. Peale's time-honored methods include:

- step-by-step advice for developing personal strength
- confidence-building words to live by
- sound, sensible ways to overcome self-doubt
- effective strategies for achieving good health
- a program to release the vast energies within you
- accepting ourselves and our individual needs
- embracing the spiritual forces that surround you

作者介绍:

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标签

评论

周淑慧牧师推荐的危机课程必读书目，但是感觉还不如她的讲课好，基本信息看个标题就可以了，但是要行出来，对于大多数国人还是需要操练和改变

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书评

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