



Ipositive: Being Positive and Staying Positive (Paperback)

By Freddie Patricio Jr

Patricio Publishing LLC, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.iPositive Give a man a fish, he eats for a day, but if you teach him to fish, you feed him for life. Such is the approach of iPositive. One day at the gym doesn't make a person fit for life; it's a consistent dedication to getting the body in shape that eventually yields results. The lessons in iPositive work in much the same way: They challenge the reader to work to keep the mind in shape. The book is a powerful guide to personal happiness through positivity. Its concepts provide empowerment to overcome self-doubt, disbelief and inferiority complexes in order to transcend the negativity in life. iPositive is geared toward helping individuals become more focused on the things they most want in life, like happiness, love and success, or banish anchors that may be weighting them down, like stress, smoking or excess weight. The book gives readers the practical means to become more focused on those things they want in life, and serves as an inspirational manual for a life of fulfillment, and strength in body, mind and...

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