

Rethinking Positive Thinking Inside The New Science Of Motivation

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Rethinking Positive Thinking Inside The Rethinking Positive Thinking presents scientific research suggesting that starry-eyed dreaming isn't all it's cracked up to be. The book then examines and documents the power of a deceptively simple task: juxtaposing our dreams with the obstacles that prevent their attainment. Rethinking Positive Thinking: Inside the New Science of ... Rethinking Positive Thinking presents scientific research suggesting that starry-eyed dreaming isn't all it's cracked up to be. The book then examines and documents the power of a deceptively simple task: juxtaposing our dreams with the obstacles that prevent their attainment. Rethinking Positive Thinking: Inside the New Science of ... Rethinking Positive Thinking is a book about wishes and how to fulfill them. It draws on twenty years of research in the science of motivation. And it presents a single, surprising idea: the obstacles that we think most impede us from realizing our deepest wishes can actually hasten their fulfillment. Rethinking Positive Thinking: Inside the New Science of ... Rethinking Positive Thinking: Inside the New Science of Motivation. "The solution isn't to do away with dreaming and positive thinking. Rather, it's making the most of our fantasies by brushing them up against the very thing most of us are taught to ignore or diminish: the obstacles that stand in our way." Rethinking Positive Thinking: Inside the New Science of ... Rethinking Positive Thinking is a book about wishes and how to fulfill them. It draws on twenty years of research in the science of motivation. And it presents a single,

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