

**POWERFUL THINKING ON PURPOSE: HOW TO BE MORE
POSITIVE AND GET MORE OF WHAT YOU WANT**

Rennae Amanda Vannorman

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8 Ways To Train Your Brain To Become More Positive - Due

These powerful steps to positive thinking will help you remember how much power you have. Today I want to present you with 8 steps toward more healthy and positive thinking. The more you express your gratitude, the more you will have to express.

The Power Of Positive Thinking To Get What You Want In Life | HuffPost Life

The Power Of Positive Thinking To Get What You Want In Life If you're a social smoker, your brain has developed a strong pathway. When your brain focuses on something, it thinks you want more of it and moves to action.

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It has been shown that most of our worries never even happen. An image of me riding around in a white one came to mind a few weeks ago. Just the other day I was wowed by a guy who was running the t-shirt kiosk at a mall.

Being truly in the moment allows us to escape from adversity and conserve our energy. Break that thought and get back into the present. When you become present and really engaged in the now, your whole life will become so much easier and you will realize how your problems will start to disappear, little by little. She also hosts a podcast called Pursuit With Purpose, where she aims to help people take a person of good positive action.