
Positive
Thinking
for Beginners

Lisa Edwards

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This book is dedicated to my two amazing (now adult) boys.

You are my inspiration,

my Positive Thinking for Beginners strength,

my courage. X

If you realized how powerful your thoughts are, you would never think a negative thought again.

[Preface](#)

Eight Positive Thinking for Beginners years ago, on two separate occasions and by two almost strangers, it was recommended to me that I read *The Secret*, and I began my journey with positive thinking. This book inspired me to learn more; little did I know back then just where it would take me.

My life had been on a downward spiral for some time, and there I was one day in the bookshop, staring at all the titles in the self-help/spiritual section, and I saw a book with a familiar title. I leant over to pick up a copy. I wasn't sure why it felt familiar, but I knew that I wanted to read it. I flicked through the book very quickly, stopping at a random page and reading the beginning of a paragraph before quickly flicking to the next random page to do the same again. Eventually I made my way to the checkout and bought the book. For the next couple of years, this book became my Bible. I can credit it with helping me turn my life around. This book is *You Can Heal Your Life*, by Louise L. Hay.

With the support of my children, and the lessons I had learnt from reading and working through this book and others like it, I gained the strength to take control of my life and end the toxic relationship I had been in for nearly all of my adult life. My life had gotten so bad and I had felt so desperate that I don't Positive Thinking for Beginners think it's exaggerating to say I owe my life to my two beautiful children and to Louise L. Hay.

During my recovery from my relationship, my collection of books Positive Thinking for Beginners on positive thinking grew larger and larger, week by week, month by month, sometimes even day by day. I had so many books on the subject that I never knew which one to read next. As Positive Thinking for Beginners I started to see results, I started to get even more excited. For the past eight years, I have not stopped reading, experimenting, researching, and implementing positive thinking.

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