



# **Remove Negative Thinking: How to Instantly Harness Mindfulness and The Power of Positive Thinking (The #GirlBizMind Series) (Volume 1)**

*Helga Kloplic, KC Harry*

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Remove Negative Thinking: How to Instantly Harness Mindfulness and The Power of Positive Thinking ~ Discover How to Instantly Harness Mindfulness and the Power of Positive Thinking ~ Description Remove Negative Thinking will help you to be mindful and to tap into the power of positive thinking so that you can identify what you want and achieve any goal that you set for yourself. By reading this book, you will discover how to end the habit of negative thinking, by harnessing mindfulness and other positive thinking techniques. After reading Remove Negative Thinking, you will be able to: - Recognize and remove your negative thinking patterns throughout the day - Reframe how you see the world - Connect to your passion and purpose - Focus on abundance and live in the now - Move outside your comfort zone - Stay motivated and surround yourself with positive people

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