



You Can't Afford the Luxury of a Negative Thought (The Life 101 Series)

Peter McWilliams

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The aim of this book is to make the journey towards health and happiness easier and fun. It has been proved that negative thinking can damage a person's health and it affects people by dragging them down mentally, emotionally and physically. The cure proposed is to focus on positive thoughts and spend less time thinking negatively and to enjoy each moment. The aim of this book is to make the journey towards health and happiness easier and fun.

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