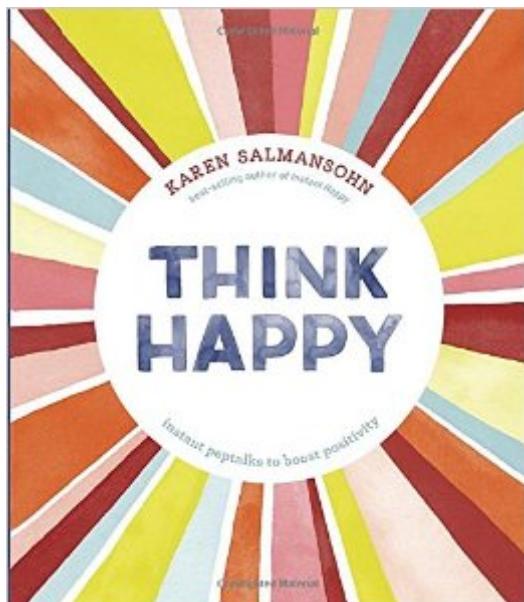


The book was found

Think Happy: Instant Peptalks To Boost Positivity



Synopsis

Stay happyâ "no matter how much life throws at you! Happiness expert and Oprah columnist Karen Salmansohn presents a collection of 50 inspirational inner peptalks to boost your confidence, attitude, and mood. These peptalks are different than affirmations because theyâ ™re feisty, fun and memorable--and will thereby stick in your brain like a catchy song. Youâ ™ll naturally want to keep repeating them, thereby changing your neural pathways so youâ ™re inclined to think positive thoughts, which lead to positive habits, which lead to a positively happy life! Whether youâ ™re feeling stressed, need motivation, are dealing with haters, or need to turn your tale of woe into a tale of wow, THINK HAPPYâ ™s instant peptalks and whimsical illustrations will grump-proof your brain so you can move forward with optimism, resilience, and plain olâ ™ fabulousness.

Book Information

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Customer Reviews

Karen Salmansohn continues to spark positive thoughts and actions with each book and message she offers. I look forward to her enthusiastic writings and powerful insight with each new published work. She is truly a gift to us all. Thank you Karen for all you do!

As always, Karen delivers! Wherever you find her, online, within bound pages, she brings a smile to your face and lifts you up, simply, practically, and intelligently. Loved her since "Bounce Back" - she knows how to make digestible golden nuggets of soul-nourishment for the starved and life-weary soul!

I love this book! It's the perfect gift idea for a growing teen, a friend who is changing jobs, or that "I don't know what to get her, she has everything" person. Our thoughts create our experience. Think Happy will help you create magic in your daily life---It's helping me create more magic in mine! Thanks, Karen Salmansohn for another powerful tool to help us be happier!

I found Karen on Facebook and fell in love with her inspirational illustrations that truly inspire me to the "real happy" level (as you can see from the front of her book!) I've been delighted and feel blessed to find that her writing is based on some solid research and what I feel are very grounded approaches that I can trust. Her inspirations work for me from the ground up and have helped me immensely. I feel I have mindfulness tools that I can go to to help me be a better me.

I liked this bit from the introduction - words have weight, they can drag you down - words have weight, they can lift you up - words have length, they can last a lifetime. This is very true if you stop and think about it. How many times have someone's words brought you down or lifted you up? This book is broken down into different categories and within each of them they give you five ideas on what to do in different situations. For example in the five things to say when dealing with a major challenge it says "when you world gets turned upside down view it from a new perspective". Along with this saying it gives you a page where it goes more in depth about this. In this in depth page it tells us that sometimes shake-ups can force us to let go of what we've been holding onto too tightly (negative relationships, unhealthy habits, unloving beliefs etc.) freeing us to reach for something far better. So in a sense this bad luck event was really a lucky turnaround. Makes sense doesn't it. Another one I liked was "celebrate effort, not outcome" or how about this one "you are a fine piece of china, don't let anyone treat you like a paper plate" and one more for the road "don't look for a partner who is eye candy, look for a partner who is soul food". The sayings alone in this book make you stop and think and then when you add the in depth page with them it really make sense. This is a book that I will be looking and reading through more than once. I am happy that I decided to take a chance on this book.

I chose this book because I am actively working on engaging in more positive self-talk. Based on the description of the book, I thought that it would be a perfect choice. I didn't realize how perfect it was until I started reading it. Essentially, it is filled with 50 catchy "positive pep talks" along with a description of each one. They have them organized into different categories:1. Things To Say When Trying Something New2. Things To Say When Feeling Grumpy3. Things To Say When Dealing

With Major Challenges4. Things To Say When Faced With Failure5. Things To Say To Improve Your "Self-Love" Life6. Things To Say When Dealing With Toxic People7. Things To Say When You Feel Stressed Out8. Things To Say When Looking For And Maintaining Love9. Things To Say When You Need to Forgive And Forget10. Things To Say To Motivate Yourself To Go For Your Dreams

I think that these ten categories are things that most people go through at various points of their life. The pep talks that the author chose are really good at helping you to put things into a more positive perspective. The concept behind the book is that by repeating these pep talks on a regular basis, you begin to believe them. And when you believe them, that transforms not only your thoughts, but your behavior. That, in turn, transforms your life. Hopefully for the better. Not all of the categories apply to me right now, but I am happy to have them here when I need them. I think this is a good book to get for yourself or to gift to friends.

Karen has a kind/genuine way of making you feel good about your life and life's tough situations. She's full of positivity and you can really relate to all she says. She's down to earth and helps you feel good about yourself, letting you know you're not alone and that things can and will, turn around. She has a witty way about her and you'll thoroughly enjoy this book! A must buy!

Karen consistently inspires me with her words and illustrations and I often find myself thinking of her pep talks throughout the day. They're like a little pick-me-up for the times that I need motivation. Karen's delivery is awesome - super clear and concise but also full of impact. Her work is wonderful for all ages - highly recommended!

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