



# Positive Directions: Shifting Polarities to Escape Stress and Increase Happiness

*John Ryder*

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# Positive Directions: Shifting Polarities to Escape Stress and Increase Happiness

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## **Positive Directions: Shifting Polarities to Escape Stress and Increase Happiness** John Ryder

How do you refocus on the positive under any circumstance? Positive Directions is about the specific changes you can easily make that will result in the biggest differences in your life. Dr. Ryder explains how to develop nine psychological skills that empower the individual to conquer problems such as stress, fears, frustrations, misery, lack of energy, sabotaging patterns, and bad decisions. The book simplifies our complex nature and identifies the polar opposites which either swing in the negative (bad) or positive (good) direction. When you are going the wrong way, learn how to turn in the opposite - positive direction. This system gives you the knowledge and skills to know how to reverse any negative direction in your life and propel you towards greater success and fulfillment - the positive direction! This self-help book contains a great deal of useful information, fascinating ideas, and fun exercises with helpful tables, graphs, and instructions that can improve your life and relationships.

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The reason why? Because this Positive Directions: Shifting Polarities to Escape Stress and Increase Happiness is an unordinary book that the inside of the book waiting for you to snap the idea but latter it will zap you with the secret it inside. Reading this book next to it was fantastic author who all write the book in such remarkable way makes the content inside easier to understand, entertaining technique but still convey the meaning fully. So , it is good for you for not hesitating having this any more or you going to regret it. This excellent book will give you a lot of gains than the other book get such as help improving your talent and your critical thinking means. So , still want to delay having that book? If I were you I will go to the publication store hurriedly.

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