

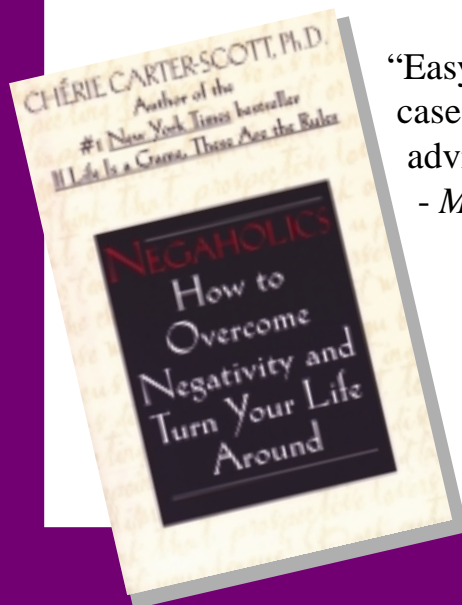
NEGAHOLICS

How to Overcome Negativity and Turn Your Life Around

Do you...

- *Focus on all the times you blew it and things didn't work out?*
- *Find yourself expecting the worst so as not to be disappointed?*
- *Brush off or dismiss compliments from friends and family?*
- *Think that prospective lovers are out of your league?*
- *Back out of job offers for fear you might not be up to the challenge?*

Negaholics is the answer to negative self talk, put-downs, and sabotage of yourself and others. It tells how negativity originates, what reinforces it, what you need to do to stop the "I can'ts" and begin reinforcing the "I cans." This book is a must for everyone, as it is filled with over 70 different tools and techniques which totally transform your attitude and behavior and shows you how to open up the door of possibility and really go after your dreams, goals, and wishes.



"Easy to read with plenty of case studies and fine advice."

- Milwaukee Journal

