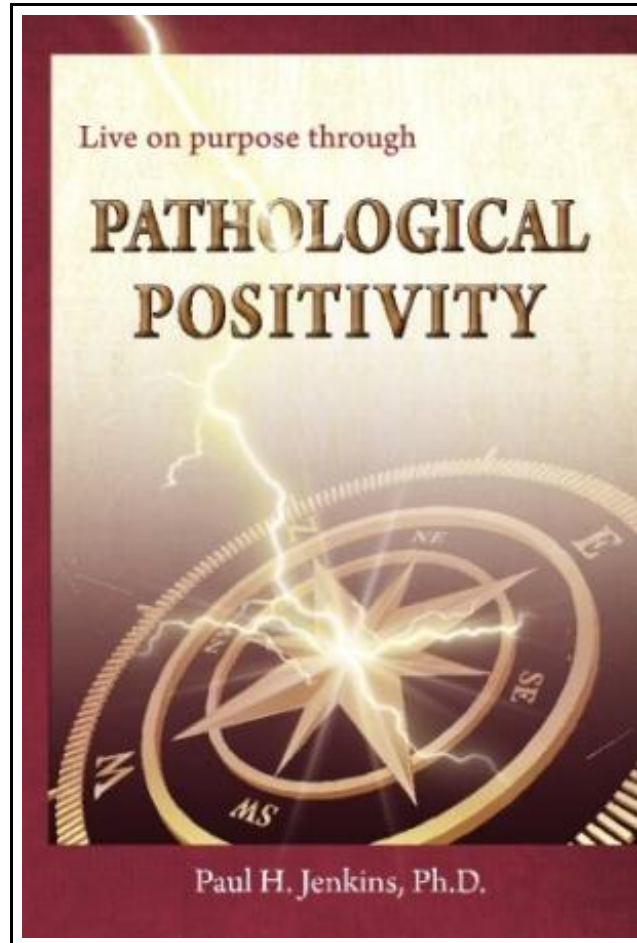


Pathological Positivity



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Live on Purpose Press, United States, 2014. Paperback. Book Condition: New. Rosemarie Woodward (illustrator). 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.You ve heard the question a hundred times: Is the glass half empty or half full? If we are in negativity mode we see the glass as half empty. Anyone can see it s half empty. When we are feeling negative, we focus on what is missing and lament the lack of water in the glass. When we are feeling more positive, we see the glass as half full. Of course it is half full. Anyone can see that. We focus on what we desire, and celebrate the presence of water. Then there are those who see it as completely full - all the time. These seemingly crazy people are not just positive; they are what this psychologist calls pathologically positive. Pathological Positivity is an empowering mental supernormality that lifts us above the normal perception of reality. It is a higher level of thinking. We see the glass, and our lives, as completely full - even in the toughest situations. How is that possible? How can we see the glass as completely full? Must we make up facts to justify our theory - our pathologically positive position? Do we pretend there is more water? Not at all. We notice and pay attention to what really is - and simply accept the truth. The glass is indeed filled half way with water. It is filled the rest of the way with something just as valuable, and even more immediately necessary to life, than water. In truth, the glass is completely full. The glass is half full of water and filled the rest of the way and to overflowing with precious air. What if...



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