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Think Forward to Thrive is filled with information and step-by-step exercises to help you:

- \* Overcome negative emotions
- \* Identify what you want in life
- \* Transform limiting beliefs
- \* Take action
- \* Live ready for success

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- \* Overcome negative emotions
- \* Identify what you want in life



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## **Think Forward to Thrive: How to Use the Mind's Power of ...**

Think forward to thrive : how to use the  
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Includes bibliographical references.

ISBN: 978-0-9888352-9-0 (tradepaper) 1.

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being in the moment but also creates a  
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M.A., author of “Expectation Hangover”  
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Anticipating a positive future is the key to well-being and mental health. Yet when many people think of the future they experience anxiety, depression, fear, self-doubt, and feelings of being overwhelmed. Most people, unaware of how to change the future, are trapped in a cycle of recreating their past over and over again.

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How to Use the Mind's Power of  
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