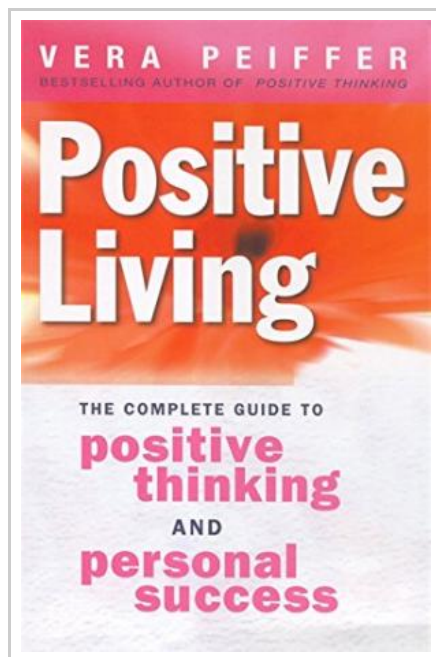




Positive Living: The Complete Guide to Positive Thinking and Personal Success

By Vera Peiffer

Little, Brown Book Group, United Kingdom, 2005. Paperback. Book Condition: New. 196 x 128 mm. Language: English . Brand New Book. In Positive Living bestselling author Vera Peiffer provides effective advice and easy-to-learn techniques to help you cope with the challenges of modern life. She shows you how to overcome feelings of loneliness, alienation, stress and low self-esteem and helps you create the life you want. Vera Peiffer is an authority in the art of positive thinking and in her comprehensive new book she - Provides powerful strategies for dealing with every aspect of our modern lives from work and health to relationships and emotional worries - Offers simple affirmations, scripts and exercises to help you to approach life more positively - Provides an A-Z of common physical and emotional problems and how to overcome them - Includes positive and inspiring case histories.



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Reviews

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