



**Free Yourself From Negativity Box Set (4 in 1):
Learn to Cope with Difficult People, Say Goodbye
to Insecurity and Negative Thinking, and Do Acts
of Kindness ... (Positive Thinking & Mindfulness)**

Bobbie Myers, Theresa Powell, Annette Marsh

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Free Yourself From Negativity Box Set (4 in 1) Learn to Cope with Difficult People, Say Goodbye to Insecurity and Negative Thinking, and Do Acts of Kindness for Self-Fulfillment

Free Yourself from Negative Thinking: 21 Positive Ways to Stop Worrying, Relieve Stress & Be Happy

Here is a preview of what you will learn from this book:

- The positive thinking lifestyle
- Tips to clean up by removing negativity
- Techniques to move on by developing positivity
- Lifehacks to stay happy
- True stories of positive thinkers and how the lifestyle influences their lives

Goodbye to Insecurity: The Best Ways to Dealing with Jealousy and Boosting Self-Esteem

Here is a preview of what you will learn from this book:

- Who is more prone to jealousy and why.
- Why jealousy is not just a negative for the jealous person but their partner as well.
- A self-esteem checklist which explains why “self” is the key word here.
- How to talk to a new partner about existing problems with jealousy.
- Warning signs that jealousy might expose in a relationship including from partners that may use your own jealousy against you in an abusive way.

Coping with the Difficult People in Your Life: Tips to Positively React to Their Irritating Behavior

Here is a preview of what you can learn from this book:

- What Are the Most Common Types of Difficult People
- How To Identify Each Type And What Makes Them So Obnoxious
- How To Maintain Your Composure When Dealing With Them
- How To Improve the Situation Through Communication
- How To Avoid Conflict
- Who Are the People You Shouldn't Bother With
- Whether or Not You Are a Difficult Person

Acts of Random Kindness: Spread Love and Happiness With Good Deeds in 100 Days

In this book you will learn:

- The many types of acts of kindness from the very simple to the large.
- How many of these acts require nothing more than a bit of time, no money needed.
- How to move to some of the larger scale acts and help more people at once.
- How these actions will help you in the process.

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Exactly why? Because this Free Yourself From Negativity Box Set (4 in 1): Learn to Cope with Difficult People, Say Goodbye to Insecurity and Negative Thinking, and Do Acts of Kindness ... (Positive Thinking & Mindfulness) is an unordinary book that the inside of the reserve waiting for you to snap this but latter it will jolt you with the secret the idea inside. Reading this book alongside it was fantastic author who all write the book in such awesome way makes the content inside of easier to understand, entertaining means but still convey the meaning thoroughly. So , it is good for you for not hesitating having this any longer or you going to regret it. This excellent book will give you a lot of advantages than the other book have such as help improving your expertise and your critical thinking technique. So , still want to hesitate having that book? If I had been you I will go to the e-book store hurriedly.

Tina Olsen:

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