

A Year of Positive Thinking Daily Inspiration Wisdom and Courage by Cyndie Spiegel

A Year of Positive Thinking: Daily Inspiration, Wisdom, and Courage

By: Cyndie Spiegel

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Embrace positivity every day for a happier outlook on life! Are you looking to feel energized and motivated? Start here! Over the course of one year, this inspirational book can transform your mindset and inspire the habit of positive thinking with daily doses of digestible quotes, mantras, and prompts. From day one, Cyndie Spiegel—author of *Microjoys* and sought-after inspirational speaker—teaches you the power of positive thinking through quick and digestible affirmations based in positive psychology, neuroscience, and personal development. 365 days of positivity — Every page of this daily motivational book is labeled by date so you can start wherever you are, and offers brief, insightful reflections to help you practice self-respect, kindness, and love. Proven psychology — This book draws on effective and proven principles of positive psychology and transformational coaching to bring positive change to your life. The power of perspective — No matter your background or lifestyle, the simple, universal lessons in this book will show you what can happen when you approach life with appreciation and open curiosity. Gift the give of positive thinking — This book makes a thoughtful and uplifting gift for anyone in your life, no matter the occasion! Start living with positivity and purpose through this collection of thought-provoking quotes and affirmations.

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