

Be Positive think Positive

By Mridula Agarwal
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When courtesy, courage and consideration is mixed with trust and openness, it definitely culminates into positive thinking. With this view, the book serves the purpose only when the people work sincerely with diligence, otherwise they are best unwritten. This book has been written with a deep study and thought. It not only helps one to understand what his problem is and how the same can be set right. It also gives the courage to acknowledge them and handle them better. The book tells about the technique of becoming a socially likeable person who can say things positively and always do right things to the right people at the right place on right time. It does explain about how to develop a habit of thinking positive always. Simultaneously, the author provides guidance to become the kind of successful, happy and likeable person any one wants to be

It throws the light on the positive ways by which anyone can get the confidence and the ability to achieve the desired goals and lead a more meaningful, contented and peaceful life. This book has been structured to serve as an ideal book for students as well as professionals with a positive thinking. This book will help to learn positive aspects of life and help to find the path of meaningful and successful life which transform into more lovable family & strong relationship. It will also help to improve the desires and aspirations to turn them into reality and get the confidence that nothing is impossible or out of bounds to achieve in life.

The book has been authored by Mridula Agarwal. She is a graduate in Psychology and English literature. She is an inspirational writer and a motivational speaker. She is the author of the international best –sellers, The 10 Rules of Success and The 10 Rules of Happiness.

The book has been divided into 10 chapters. The layout of book has been designed in these chapters and beautiful quotations which make things easier to understand.

Chapter 1 makes one familiar with The Magic of thinking positive which describes about how the thought become life and provide the power to understand the situation and provide the best possible solution which was their in the courage and confidence of thoughts.

Chapter 2 is Acknowledge the Power you have. It deals about when you believe in yourself, you cannot be deceived. With the self confidence one can conquer the fears and provide the understanding that nothing is impossible if one does it in a right way. Also, it explains that people are masters of their own and nothing dominates their mind more than there own thoughts.

Chapter 3: Respect yourself and Others Too. Self –respect needs no recognition. Having self esteem is to know your truth and honouring it. It is to know that you are unique in this world; you do not have to be anything else. No one can respect you more than you do yourself. To have meaningful relationships you have to respect others without reservation. Be positive towards yourself and you will find that it becomes easy for you to become positive towards others too.

Chapter 4: Grow with Time: Either grow with time or be left behind. It explains that change is an inevitable fact of life. It takes place every day. One needs to be prepared himself to change, learn and improve.

Chapter 5: Be Optimistic: Expect the best; get the best. “The future belongs to those who believe in the beauty of their dreams”. Author tells that you should learn to be happy with what you have and at the same time strive to improve upon. The Key to success is not just the ability to visualize dreams, but the ability to realize them against all adversities.

Chapter 6: Develop Compassion and Understanding: When you go win win, you always win. Never let small things bother you; learn to live with imperfection; Developing compassion involves our willingness to understand people around us without being judgmental. .we need to see them innocent and

not guilty. Always think of the mutual benefits of everyone involved in any given situation either make it win–win or no deal.

Chapter 7 Set Positive Goals; you will only get what you ask for. Be Specific about your aim known what you want. Take care to have a purposeful and meaningful lives. Try to set goals that give meaning and direction to their lives. Our Goals should be precise and measurable and we should have a time limit for them. See that goals are in accordance with our desires and value system

Chapter 8 Refresh your Mind, or it will go stale: A thinking mind is a creative mind. Your body and mind are your main assets. Always try and keep your mind open to new ideas and thoughts; that is the only way to learn and improve. Educate yourself as best as you can to develop the habit of reading. Reading the right material is the bet way to educate you.

Chapter 9 Take charge of your life: when you take charge, you are the masters. Shape your Own Destiny; be a Victor. Destiny is like a potters clay, shape it or it will shape itself. You are the person who have shaped your own destiny and are responsible for whatever it is. Never believe in fate. Your fate is what you make it. Have the courage to stand up and own it. It Always know that it is you who have shaped your own destiny and are responsible for whatever it is. It will make you a winner .

Chapter 10 Break the Negative Habit: your life is the sum total of your behavior, negative will only subtract from it. We know that the core of our personality is formed in the few years of our lives and then remains largely unchanged in future and this is what makes it difficult for us to swich over to positive thought. Emotions have a big role to play in the illness of our bodies. This makes it even more important for us to control what we think and feel, break free from the negative habit and move on the positive thinking. With effort acknowledge that there is a problem , be open to a reason , always have interests beyond yourself, be gainfully employed ,never worry; work on your concerns, never hold to unpleasent memories. Forgive and forget. Work according to the dictates of your conscience. Never let 'moods' hold you down, set your priorities, positive thinking does not only give you Success and happiness, it gives you mental health and physical health, a loving family and caring friends , and transforms your world into a beautiful place to be in.

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