

# 100 Positive Morning Thoughts: Turn Dull Mornings into Bright Successful Days!



Best-selling author Kate Anderson brings you her new book, full of strategies to turn your life around and make sure you start every day with positivity, joy, and happiness! No nonsense or confusing jargon - these are proven strategies to give you the positive life you have always dreamed of! Topics covered include: Wake up, feel great! Live every day as if it were your last Be the owner of your life Be the best you today! Dealing with negative thinking The only way is up! Letting go of worry Doing something bold and new Dealing with embarrassment Perspective Dream big! Never give up the fight! Right here, right now Dont waste time waiting for permission Excuses Everyone has to start somewhere Facing fears The laughter medicine Trusting yourself Being thankful Let yourself be light Open your heart Do not let opportunities pass you by Fear is lifes greatest enemy And much more!

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