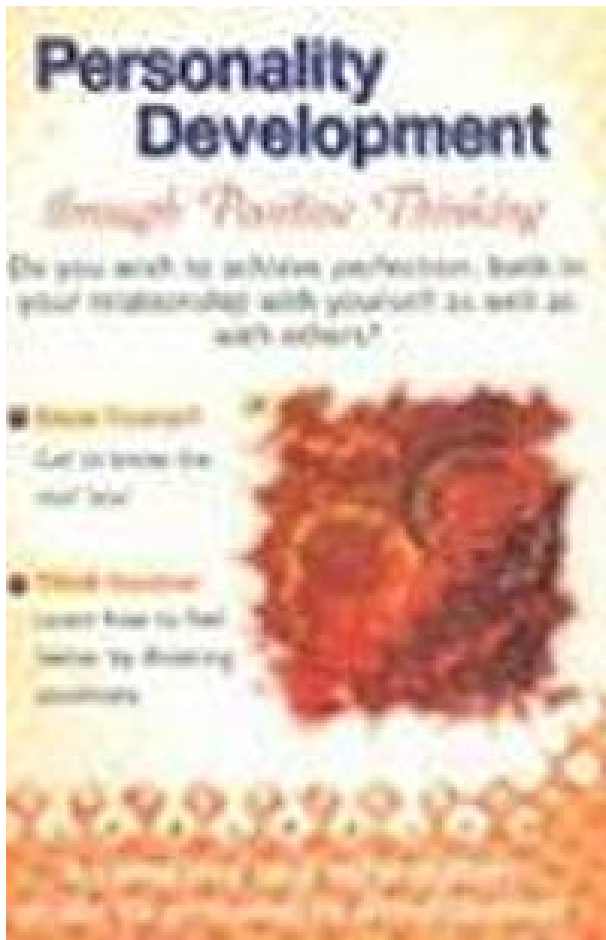


Personality Development Through Positive Thinking



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This book is not about winning. It is not about winners. It is not about success. It is about individuals who wish to achieve perfection in their relationships with themselves and others. It is about individuals pitted against themselves and are striving to be better individuals. It is about knowing oneself. It is about feeling better and thinking better. It is about one's attitudes and beliefs. In short it is about the dynamics of positive thinking and personality development. I know it is difficult to be the individuals we want to be. It is thus important to think positive about ourselves, to develop a high self-esteem, to move towards self-actualization. All things are possible if there are sincere efforts to achieve our goals. This book will guide you through each step. It will try to tell you you're plus and minus points. You will find various scales to help you approximately measure and find out the individual you are. This will help you understand yourself better. However, it is well said that forty people can take a horse to the well but they cannot make it drink. Ultimately it is your effort and your thinking that will change you.