



Change to a Positive Mindset and Extend Your Lifeline: A Journey to Miles of Smiles, Positive Energy Power, Hope, Health and Happiness

Edith Namm

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Words are the roots for all your thoughts. What you think affects what you believe. What you believe affects your attitude. Your attitude influences how you act. How you act influences your relationships with others. Words generate positive or negative emotional energy. It takes one word- positive or negative- a fraction of a second to affect your emotional state of well-being and bio-chemically change your heart rate, blood pressure, breathing and digestion. Change to a Positive Mindset introduces you to 11 Winning Ways to Positively Energize Your Brain and Body. Learn the write way to train the brain to drain the pain caused by emotional stress. Practice P.E.P. (Positive Energy Power) Aerobics- safe, simple, self-help strategies that positively energize your brain and body and empower you to be healthy and happy from sunrise to sunset. Adopt the Ideal Ways to Boost the Immune System. See how doodling 2 dots and a curve is the way to go to relieve your stress from head to toe. Read and recite the Motivational Text Messages. Read and recite the P.E.P. One-Liners that positively replace Toxic Negative Thinking. Read the inspirational poems that provide solutions to life's challenges. Discover the Food/ Mood connection- the chemical/ emotional energy connection. Discover the color energy connection to your mood, food, clothes and environment. Tune in to the power of musical energy to heal what ails you. Have endless fun with the word game activities that positively activate the brain.

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