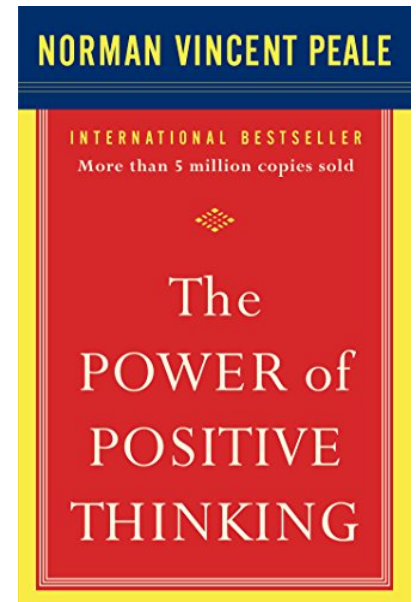


# The Power Of Positive Thinking Book Summary (PDF) by Norman Vincent Peale

Ready to learn the most important takeaways from The Power Of Positive Thinking in less than two minutes? Keep reading!



## Why This Book Matters:

The Power of Positive Thinking promotes the idea that with the right amount of positivity, people can solve their problems with ease.

## The Big Takeaways:

1. **Know that you know that you know.**
  1. If Have faith in yourself and your ability. Know that you are capable. These are the things that lead to success.
2. **You must protect others for them to do the same for you.**
  1. To be considered, you must first be considerate.
3. **Don't try to do it all alone.**
  1. Your anxiety or depression may tell you that you're the only one capable of figuring out every

problem presented before you, but it's simply not true. Accept the help of others, and realize that you are not the only one who has dealt with the same type of problems.

**4. How you think is the solution to your problems.**

1. How you process your issues is the first step to finding their solutions.

**5. Worry never helped anyone.**

1. Worry is a healthy, human, feeling, but worries will never help you find the solutions you're searching for.

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