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that is, the positive thought itselfâ€”which can be summarized as: Things are pretty good right now, at least if you are willing to see silver linings, make lemonade out of lemons, etc., and things are going to get a whole lot better.

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In this getAbstract summary, you will learn: How the positive thinking movement grew in America,; What positive thinking promises and What the negative effects of positive thinking are.

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Americans are a "positive" peopleâ€”cheerful, optimistic, and upbeat: this is our reputation as well as our self-image. But more than a temperament, being positive, we are told, is the key to success and prosperity.

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Barbara Ehrenreich is the bestselling author of many books, including Nickel and Dimed, Bait and Switch, Bright-sided, This Land Is Their Land, Dancing In The Streets and Blood Rites. A frequent contributor to Harper 's and The Nation , she has also been a columnist at The New York Times and Time magazine.

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