



Kiss That Frog!: 12 Great Ways to Turn Negatives Into Positives in Your Life and Work

Brian Tracy

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Kiss That Frog! contains a series of practical, proven, easy-to-apply ideas and strategies that anyone can use to change their thinking from negative to positive. The ideas in this book are based on more than 100 years of writing and research in psychology and psychotherapy and are presented in an easily digestible form that goes directly to the root of the reasons why people feel negatively about themselves and about various factors in their lives. Every idea and instruction in this book has been tested and proven in the crucible of real life experiences, both by the authors (Brian Tracy and Christina Tracy Stein) and by the millions of other people worldwide whose lives have been positively affected by these simple principles.

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