Intro:
The Power of Positive Thinking – written by Norman Vincent Peale
I am pleased to profile this book because the principles are life changing. This book is a classic and was written before all the other books regarding Law of Attraction or the Secret. Those books got much of the foundation from Napoleon Hill as well as Dr. Peale. Dr. Peale was a very religious man. This book talks a lot about the power of prayer. Regardless if you are religious or atheists, the principles outlined in the book are priceless and life changing.
Why is this important to me?

- Are you where you want to be?
- Do you become engrossed with “worry”? 
- Way of life

**Why is this important to me?**

If I was spending my precious time listening to this video then the first question I would ask is – Why is this important to me?

Human beings are motivated by two things – Pain and Pleasure. They will do anything to eliminate pain and work toward gaining pleasure. This book can help you eliminate pain and gain pleasure through the power of thought. Ask yourself – **Are you where you want to be in life?** The answer is a simple Yes or No. If it is a NO then we need to find out why and change our thinking to reflect the journey to get it to a YES.

**Do you become engrossed in “worry”?** There is a great saying – “Worry is interest paid on borrowed time.” It does absolutely no good to worry about a bad outcome. Too much focus on a negative outcome through worry can manifest into reality for you if you do not change this behavior.

Dr. Peale was searching for a way of life and this book is a compilation of principles that can help anybody achieve true happiness in life. This book is an international best seller, selling over 5 million copies.
There are several salient points in The Power of Positive thinking. Dr. Peale outlines 17 different areas of focus in the book. We will look at three in this book summary.

1. **Believe in yourself.** This is a powerful statement but taken at face value has little meaning. The difference between somebody who is highly successful (regardless of how you define success) and somebody who is not lies in this simple statement. Quantifying this is an internal process that only you can improve upon. The little voice in your head will either be insecure or secure on certain things. Programming and learning can help you believe in yourself. A direct quote from the book – “It is appalling to realize the number of pathetic people who are hampered and made miserable by the malady popularly called the inferiority complex.” The first step in eliminating this is to discover “why” you have them.

2. **How to create your own happiness.** Who decides if you are happy or unhappy? **You Do!** One very important thing is for people to really define for themselves what it means to be truly happy. A direct quote from Dr. Peale illustrates his insight into creating your own happiness – “To become a happy person have a clean soul, eyes that see romance in the commonplace, a child’s heart, and spiritual simplicity.” This is a powerful statement.

3. **Inflows of new thoughts can remake you.** When breaking a habit, it is imperative to replace the habit with another action. This keeps the mind focused and does not give way to pondering the old habit. The same is true with thought. You need to replace negative / self-destructive thought with “new inflows of
thought” According to Dr. Peale – The greatest discovery of my generation is that human beings can alter their lives by altering their attitudes of mind.
I decided to profile one more of the 17 areas of the Power of Positive Thinking and that is the concept of Worry. Regardless if you are a person of faith or not, there is a universal intelligence that if tapped into can be very powerful or destructive. Worry can be very destructive. A direct quote out of the book summarizes this and I thought it needed its own section.

“For the thing which I greatly feared is come upon me” (Job 3:25). This is terribly true. You manifest what you focus on. The opposite is also true: “That which I have greatly believed has come upon me”

The power of belief shapes your life. There are countless texts written that support this.
I hope you have found this short video summary useful. The key to any new idea is to work it into your daily routine until it becomes habit. Habits form in as little as 21 days. I highly recommend that you give some thought to the notion of “Worry” and how to manage it.

If you enjoyed this video then please do not hesitate to pass it along and if you want more detail then click on the link below and purchase Dr. Peale’s book – “The Power of Positive Thinking”

Thanks for watching and have a great day!