



# Positive Directions: Shifting Polarities to Escape Stress and Increase Happiness

*John Ryder*

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## **Positive Directions: Shifting Polarities to Escape Stress and Increase Happiness** John Ryder

How do you refocus on the positive under any circumstance? Positive Directions is about the specific changes you can easily make that will result in the biggest differences in your life. Dr. Ryder explains how to develop nine psychological skills that empower the individual to conquer problems such as stress, fears, frustrations, misery, lack of energy, sabotaging patterns, and bad decisions. The book simplifies our complex nature and identifies the polar opposites which either swing in the negative (bad) or positive (good) direction. When you are going the wrong way, turn in the opposite - positive direction. This system gives you the knowledge and skills to know how to reverse any negative direction in your life and propel you towards greater success and fulfillment - the positive direction! This book contains a great deal of useful information, fascinating ideas, and fun exercises with helpful tables, graphs, and instructions that can improve your life and relationships.



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