



Optimal Thinking: How to Be Your Best Self

By Rosalene Glickman

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"The quantum leap beyond positive thinking, Optimal Thinking offers a whole new way of looking at life, business, and relationships. This prescriptive self-improvement book is filled with superlative information for every type of reader."

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Editorial Review

Review

"*Optimal Thinking* has a little bit for everyone and will help people be the best self they can be." —Ken Blanchard, Ph.D., author of *The One Minute Manager*

"This powerful, practical, most inspiring book gives you the ideas and tools you need to become an optimally productive and powerful person in every area of your life." —Brian Tracy, author of *Focal Point*

"To fast create an optimal life, lifestyle, and future, read, digest, and use Optimal Thinking." —Mark Victor Hanson, co-creator, *New York Times* bestselling series *Chicken Soup for the Soul*

"*Optimal Thinking* beautifully convinces and illustrates why 'the enemy of the best is the good.' Insightfully, it blends and synthesizes idealistic and realistic thinking, left- and right-brain cognition, analysis and creative intuition, acceptance and optimism. A superb treatment of the idea of Personal Best." —Dr. Stephen R. Covey, author of *The 7 Habits of Highly Effective People*

From the Publisher

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From the Back Cover

Be your best in every situation!

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Maximize your talents, resources, and time. Make the most of every opportunity and achieve optimal personal and professional satisfaction. The successor to positive thinking, Optimal Thinking is the mental tool you need to achieve your ultimate life. This revolutionary, life-optimizing book shows you just how simple it is to sweep past the ordinary and even the extraordinary into the world of the highest and best. You will never settle for second best again!

You'll learn how to:

- Ask the best questions and find the best solutions
- Make the most constructive decisions in every situation
- Maximize your enjoyment of everyday activities
- Eliminate self-sabotage and experience the full power of your mind
- Master disturbing emotions and stop unwanted behaviors
- Function at your peak in business and personal relationships
- Bring out the best in others, and much more!

Users Review

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Tameika Ahmed:

As people who live in the modest era should be up-date about what going on or information even knowledge to make these keep up with the era which can be always change and make progress. Some of you maybe can update themselves by studying books. It is a good choice to suit your needs but the problems coming to you is you don't know what one you should start with. This Optimal Thinking: How to Be Your Best Self is our recommendation to make you keep up with the world. Why, because book serves what you want and wish in this era.

Gene Kirkland:

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Kathleen Bosarge:

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Joseph Cole:

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