



# 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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## **Optimal Thinking: How to Be Your Best Self** By Rosalene Glickman Bibliography

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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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—Kenneth Blanchard, Ph.D., coauthor of *The One Minute Manager*

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:**

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#### **Kathleen Bosarge:**

Playing with family in the park, coming to see the water world or hanging out with close friends is thing that usually you have done when you have spare time, then why you don't try factor that really opposite from that. 1 activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you are ride on and with addition info. Even you love Optimal Thinking: How to Be Your Best Self, you could enjoy both. It is good combination right, you still wish to miss it? What kind of hangout type is it? Oh can happen its mind hangout fellas. What? Still don't get it, oh come on its identified as reading friends.

#### **Joseph Cole:**

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