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A Better Way to Think: Using Positive Thoughts to Change Your Life

H. Norman Wright

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Change your life--one thought at a time.

We all talk to ourselves, and this self-talk can determine whether we feel happy and successful about the state of our lives. Too often what we tell ourselves is negative. We point out where we've failed, focusing on our problems rather than keeping our thoughts centered on the positive.

Bestselling author and therapist H. Norman Wright shows you how to free yourself from negative patterns of self-talk that are holding you back. Biblically based and full of practical, proven strategies, *A Better Way to Think* helps you harness the positive and creative power of your thought life so you can experience lasting freedom from negativity.

H. Norman Wright is a bestselling author, a certified trauma specialist, and a licensed marriage, family, and child therapist. He lives in California.

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