



Hearty Lifestyle Journey Book- (Keeping a Positive Attitude)

Martha Johnson

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We are all capable of having a positive attitude when things are going well. What matters more is how you react when things are not going so well. That is the determining factor of your moral fiber strength. An appropriate attitude is feeling optimistic when times are difficult. Begin to consider your many blessings and always look for the good and not the negative and you will begin your path to a hearty lifestyle journey and keeping a positive attitude.

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