



weLEAD Book Review

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Positive Thinking

DK Publishing - 2003 (72 pages in paperback)

Author Susan Quilliam

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Positive Thinking is one of those small books you find at the airport kiosk. Many books of this type tend to be shallow and superficial. Many are also poorly written and lack so much detail they can fairly be called "McInformation". However, this book was a pleasant surprise and offers the reader a good value at about \$7.00 US. Leaders know the vital importance of being a *beacon* of positive thinking and any book on the subject is worth a look and review.

It begins by defining *positive thinking* and step-by-step this paperback helps the reader to analyze their present perspective and improve it. It provides clear information on how to alter your mental image, begin using constructive language and rethink your beliefs about the world. The middle of the book discusses managing emotions, goal setting and seeking meaning out of life. The final section is centered around living a positive life with the environment we create, good relationships, keeping healthy, managing stress and aging.

Like most books of this type, Positive Thinking is not strong on detailed information or references. Rather is it pithy and imparts most information with bullet points and simple charts. However, the book is well-written and provides a good foundation on this important subject. It has practical and logical content that can indeed change the reader's perspective if applied effectively and seriously. It has excellent and colorful graphic content as well as offering a few self-tests for your own personal analysis.

Positive Living will never be considered a great book but that was not its intention. Its purpose is to impart interesting and reliable knowledge during the length of a typical plane ride. It meets this goal with flying colors.

weLEAD Rating – recommended

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