



A Woman's Journal of Daily Thoughts: 101 Days to Create Positive Thoughts

Phyllis Reardon

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Did you know that you have over 50,000 thoughts a day and about 80% of these are negative? That is 40,000 negative thoughts a day. That is a lot of Negative thinking and for the most part these negative thoughts are repeated day in, day out. Yes you basically have the same negative thoughts each day. It is how we are wired based on the basic need of survival which served us well during the stone-age. We don't need these negative thoughts now to keep us safe as it is very unlikely you will encounter wild animals roaming around your neighborhood unless they have escaped from a zoo. You Have the Power You have the power to change these negative thoughts to positive thoughts. A Woman's Journal of Daily Thoughts is your guided journal to positive daily thoughts.

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