



Beyond Positive Thinking: Putting Your Thoughts into Action

Arnold Fox, M.D., Barry Fox, Ph.D.

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Beyond Positive Thinking: Putting Your Thoughts into Action by Drs. Arnold and Barry Fox can stand alone or be read as the sequel to their co-authored book Wake Up! You're Alive. Both books focus on living a positive lifestyle by using action oriented strategies that assist a person in seeing the abundant side of life.

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