

# Positive Thinking



# Vocabulary

**Heal:** to make healthy, whole, or sound; restore to health.

**Wisdom:** knowledge of what is true or right along with just judgment as to action; sagacity, discernment, or insight.

**Path:** a course of action, conduct, or procedure.

**Wound:** an injury or hurt to feelings, sensibilities, reputation, etc.

**Long (verb):** to have a strong wish or desire.

**Trigger:** to initiate or precipitate (a chain of events, scientific reaction, psychological process, etc.)

**Brood:** to think deeply about something that makes one unhappy, angry, or worried.

# Introduction

Positive thinking can be defined as the method to achieve health and happiness. It concentrates on positive qualities such as inner peace, strength, love, joy and happiness.

Positive thinking is a mental technique, that must be practiced wisely. It should not be misused to repress feelings or problems. Positive thinking must be used sensitively and for **healing** purposes.

