

The Power of Positive Thinking Book Summary, by Norman Vincent Peale

by Allen Cheng

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1-Page Summary of The Power of Positive Thinking

Overview

Positive thinking is a way to achieve happiness and success in life. It involves faith, which can be found through Christianity. Positive thinkers are able to control their minds and bodies, which leads them to have peace of mind and better health. These ideas have been around for thousands of years, but they're just as important today as they were then. They can help people live more relaxed lives with less stress, greater happiness, and inner peace. This idea can also be drawn from biblical passages that talk about having faith in God; there are even meditative prayers that focus on positive thoughts instead of negative ones.

Positive thinking helps people to change their lives for the better. It requires stopping negative thoughts and expecting positive outcomes in any situation. People can also learn to relax, believe that they will be successful, and not worry about problems or things going wrong. Positive thinking is a powerful tool that has helped many people improve their health as well.

This book was first published in 1952. It has been revised and updated several times, including this edition from 2003. The concepts are still as relevant today as they were when the book was first written by Norman Vincent Peale.

Key Takeaways

Believing in oneself is crucial to success and happiness.

People create their own success and happiness. They can find inner peace by practicing faith and thinking positively.

Positive thinking is a part of positive mental attitude. Positive thinkers visualize successful scenarios and then try to make those things happen in real life. Religion has often been thought of as something that's out-dated, but it can be looked at differently as a science because it teaches you how to control your body and mind so you can achieve success.

If you slow down your life, you will be able to think positively. Negative thoughts can lead to mental and emotional issues that could result in physical symptoms. Positive thinking means believing that you won't fail and perceiving obstacles as challenges instead of roadblocks.

Key Takeaway 1: Believing in oneself is crucial to the mindset needed for success and happiness.

People with low self-esteem find it difficult to achieve their goals. They tend to settle for less than they're capable of achieving because they don't trust themselves and are afraid that they might not succeed. Positive outcomes arise from positive thoughts, which in turn come from a positive mindset, which is built on the foundation of faith in God.

It's important to have confidence in yourself, especially when you're trying to accomplish something. If you don't believe in yourself, then it will be harder for you to achieve your goals. For example, if a husband doesn't feel good about himself because his wife is more successful than he is or makes more money than him, that can affect both his relationship and career. He might not speak up at work or do the best job possible because he lacks self-confidence and believes that he'll fail anyway. Then when he gets home from work, maybe even before speaking with his wife, he'll start an argument with her over something small just so that they can fight and get angry together instead of being disappointed by their lives alone.

A friend tells the husband that he is bringing negativity into his life and needs to be more positive. By strengthening his faith in God, he can reverse the negative trends in his life and find happiness. He prays for strength to find positive thoughts when times are hard. At work, he performs better and is more open with his wife at home.

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