Intro:
The Power of Positive Living – written by Norman Vincent Peale
I am pleased to profile this book because the principles are life changing. This book expands on Dr. Peale’s book the power of positive thinking. His principles are everlasting.
You may be asking - **Why is this important to me?**

Human beings are motivated by two things – Pain and Pleasure. They will do anything to eliminate pain and work toward gaining pleasure. I reiterated this in the book summary on the Power of Positive Thinking.

Positive thinking is good in theory but when times are really tough you need to live it. This separates positive affirmation from true results. **Affirmation without work ethic is delusional.**

**Happiness is always possible.** This can be very deceptive when things are bad. All you need to do is watch the news and happiness seems impossible. The first start in believing happiness is possible is to know what it means for you to be happy. This needs to be studied and thought needs to be given to the subject just like any endeavor worth pursuing.

**Beyond positive thinking is positive believing.** Repetition is the mother of skill. To crystalize positive thought into positive action, you need to replace negative thought with its opposite. At first this will seem uncomfortable and your little voice will NOT believe it. This is where the repetition comes into play. When you keep doing this, the belief turns into positive action then it becomes part of your physiology and you will believe moving forward. A simple example is an athlete that pulls the game
winning basket in the clutch. They simply believe because they have anchored the action into reality through practice.
There are several salient points in The Power of Positive Living. Dr. Peale outlines these points in 15 chapters. For the sake of time, we will look at three in this book summary.

1. **Your Comeback Power.** The comeback power is defined as the will to overcome setbacks and keep pushing forward. The reason I like this one is because it defines our country (U.S.A.). We have been through a civil war, two world wars, a great depression and 15 different recessions in our 200+ year history. The resilience of the American people is outstanding and there is no better definition of Comeback Power.

2. **5 Creative Principles** – The 5 principles are 1) Think 2) Learn 3) Try 4) Work 5) Believe. These five can be used to achieve good results in any endeavor in life. The order of the principles makes sense as well. Let’s suppose you want to build a business. First you need to think about what business you want to build. Second, you need to learn from others to leverage OPE (Other People’s Expertize). Third, you have to jump in head first and try it. Fourth, you need to work your butt off to make it successful. Fifth, you need to believe because the trials and tribulations will be many, and it will be really easy to throw in the towel. Thus you have to believe and utilize Your comeback power.

3. **Healing Power of the Mind** – It is said that humans use only 10% of their brains. Sometimes watching CNN and Fox news, I think it is less. The mind is very
powerful and there is research showing that negative thoughts have a destructive effect on the body. Similarly, positive thoughts and laughter have a positive impact on the body. In every medical drug study, the medicine being tested is always tested against a control group to measure the true effects of the medicine. This is known as the placebo effect. Thus if you think consciously that the medicine is helping then it will have a positive effect on you even though it is a placebo.
I hope you have found this short video summary useful. The key to any new idea is to work it into your daily routine until it becomes habit. Habits form in as little as 21 days. One thing you can work on is your comeback power. When life slaps you in the face, get back up and work harder. Once this becomes habit then you will achieve anything you set your mind to.

If you enjoyed this video then please do not hesitate to pass it along and if you want more detail then click on the link below and purchase Dr. Peale’s book – “The Power of Positive Living”
Thanks for watching and have a great day!