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simple task: juxtaposing our dreams with the obstacles that prevent their attainment.

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Rethinking Positive Thinking: Inside the New Science of ...

Rethinking Positive Thinking is a book

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about wishes and how to fulfill them. It draws on twenty years of research in the science of motivation. And it presents a single, surprising idea: the obstacles that we think most impede us from realizing our deepest wishes can actually hasten their fulfillment.

Rethinking Positive Thinking: Inside

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Rethinking Positive Thinking: Inside the New Science of Motivation. "The solution isn't to do away with dreaming and positive thinking. Rather, it's making the most of our fantasies by brushing them up against the very thing most of us are taught to ignore or diminish: the obstacles that stand in our way."

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By experiencing our dreams in our minds and facing reality we can address our fears, make concrete plans, and gain energy to take action. In Rethinking Positive Thinking, Oettingen applies mental...

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In Rethinking Positive Thinking, Oettingen applies mental contrasting to three key areas of personal change—becoming healthier, nurturing personal and professional relationships, and performing better at work.

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Rethinking Positive Thinking: Inside the
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Oettingen | Self-Control Why we love it:
Gabriele Oettingen is a leader in the
science of motivation and the foremost
authority on how to turn fantasies about

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our future into concrete actions. This book applies the four-step technique she developed over two decades of scientific research to the challenges we all face ...

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Oct. 21 ... In Rethinking Positive Thinking, Oettingen applies mental contrasting to three key areas of personal change— becoming healthier, nurturing personal and professional relationships, and performing better at work. She introduces readers to the key phases ...

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**Rethinking Positive Thinking by
Gabriele Oettingen ...**

In her smart, lucid book, “Rethinking Positive Thinking: Inside the New Science of Motivation,” Dr. Oettingen critically re-examines positive thinking and give readers a more nuanced — and useful —...

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**Gabriele Oettingen Turns Her Mind
to Motivation in ...**

This week Shankar talks with psychologist Gabriele Oettingen, author of Rethinking Positive Thinking: Inside The New Science Of Motivation. Through the years, Oettingen has studied dieters,...

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**WOOP, There It Is! | Hidden Brain :
NPR**

Rethinking Positive Thinking Inside the New Science of Motivation by Gabriele Oettingen. Gabriel Oettingen is one of the world's leading researchers in "The New Science of Motivation." The basic idea of the book is captured in a clever image on the cover: Rose colored

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glasses with one lens cracked. Oettingen walks us thru the compelling ...

Rethinking Positive Thinking by Gabriele Oettingen ...

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The New Science of Motivation: RETHINKING POSITIVE ...

Advice on positive thinking often stops here: Make a wish, put it out to the universe, and wait for the bounty to fall in our laps. Oettingen cautions against this approach, citing research that

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shows that just imagining our success actually makes us less likely to invest the hard work necessary to turn our wishes into reality.

WOOP It Up! Rethinking Positive Thinking | Wholebeing ...

In Rethinking Positive Thinking, Oettingen applies mental contrasting to

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three key areas of personal change - becoming healthier, nurturing personal and professional relationships, and performing better at work.

Rethinking Positive Thinking by Gabriele Oettingen ...

Madhuleen Roy Chowhury, Physhiatric Councillor explained that with positive

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thinking and imagination, we give the subconscious a temporary feeling of 'everything is okay,' which explains the immediate motivation surge that comes with the practice. However, the mind remains unaware of the ways of sustaining happiness.

Can Too Much Positive Thinking Be

Access Free Rethinking Positive Thinking Inside The New Science Of Motivation **Holding You Back From ...**

Gabrielle Ottingen, a psychologist and author of *Rethinking Positive Thinking: Inside the New Science of Motivation*, has explored this idea in depth.

Participants in one study on weight loss, for example, felt happier in the short term, but more depressed in the long term when weight loss slowed.

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