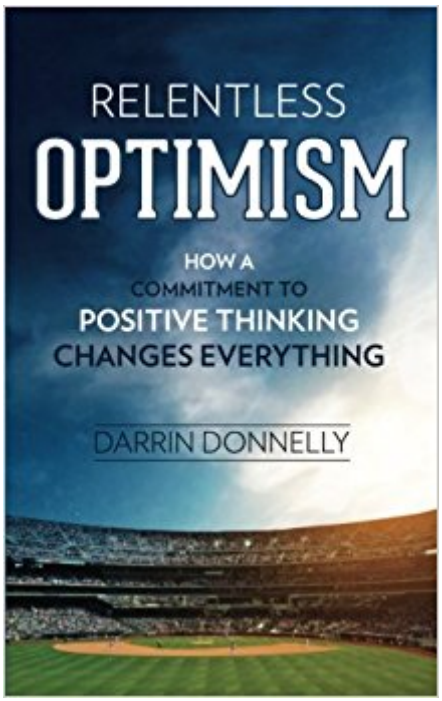
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# Relentless Optimism: How A Commitment To Positive Thinking Changes Everything (Sports For The Soul) (Volume 3)




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## Synopsis

Studies prove that positive thinkers are happier, healthier, and more successful than everyone else. Discover the simple, proven techniques for becoming a more positive person... Positive thinking leads to positive outcomes. Study after study proves this. Researchers have found that optimistic people live longer, live healthier, have more energy, have more successful careers, make better decisions, are more productive, are less stressed, have healthier relationships, and (not surprisingly) are much happier than pessimists. However, a lot has been misunderstood about what it means to be a positive thinker and what it takes to maintain an optimistic mindset. It takes a lot more than repeating feel-good platitudes to make positive thinking work in your life. It takes discipline, commitment, and a proper understanding of what optimism really means in a world that is constantly throwing new challenges at us. This is a book for anyone who has ever questioned whether positive thinking really â œworks.â • Itâ ™s also a book for those who have tried to develop a more positive attitude, but have found it difficult to eliminate the voices of fear, doubt, and cynicism. This is a book for anyone who wants to put optimism to work in their life with practical, proven techniques. In this inspirational fable, youâ ™ll meet Bobby Kane, a 31-year-old minor league baseball player who realizes his dream of making it to the majors is finally coming to a disappointing end. His dream, he believes, was not meant to be. That is, until Bobby meets an unconventional manager named Wally Hogan. More mental coach than baseball manager, Wally teaches Bobby that if you want to change your life, you have to first change your thinking. As youâ ™ll see in this book, developing a positive mindset gives Bobby a renewed chance to make his dreams come trueâ ”not just in baseball, but in all areas of his life. Wally teaches Bobby what it means to be an optimist and what it takes to maintain a positive attitude through the ups and downs of life. He teaches him proven, real-world techniques for building and sustaining optimism. These methods have an immediate impact on Bobbyâ ™s life and they will have an immediate impact on yours as well. This book will show you just how powerful a positive attitude can be and it will teach you how to use positive thinking to make your biggest dreams come true.

## Book Information

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## Customer Reviews

Another great addition to the Sport for the Soul series! These always come at the right time for me and Relentless Optimism is no different. It’s just what I was looking for!Great read and will recommend to family and friends...and especially those who need the extra boost, like I did.

I have loved all three books in the Sports for the Soul series but this one is my favorite! This is the first book that I have read that teaches you what positive thinking really means. The very specific techniques for how to make positive thinking work in your life is what put this book over the top for me.I really think this book is a life changer!By the way, I loved Wally!

The most thorough and easy to understand book on positive thinking. It was a fast read that kept producing different and interesting lessons to reinforce how positive mindset changes every situation to your advantage. This book goes deeper into the subject of optimism than any other self help book I have read. Very powerful - highly recommend.

Another classic from Darrin Donnelly! I’ve read all his books and they are AWESOME!

A great way to read about self help through a fictional good story. Positive thinking is not as common as it should be, and to some, it may sound corny. But I truly believe it’s the best fix to any of life’s craziest things it throws at you. Enjoyed the bold text when coach Wally walked us through these teachings.

Excellent encouragement to pursue success! Very happy that I’ve read this series. Looking forward to the changes I’ll be making.

Such an amazing read! Highly recommend all three of Darrin Donnelly's books.

Definitely something that hits home with anyone who has trouble seeing that the glass should always be half full and not half empty.

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