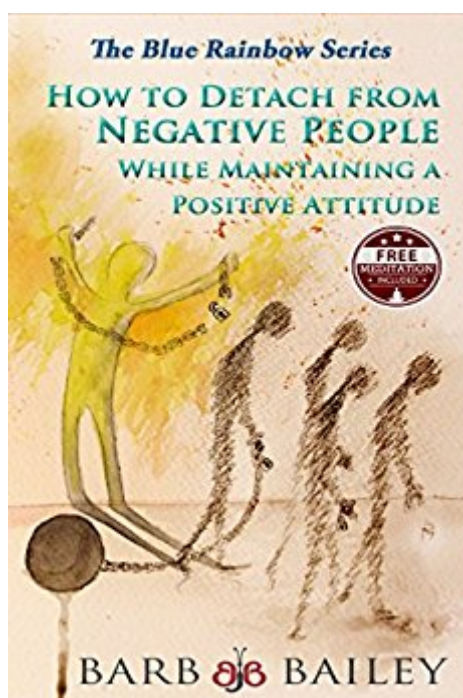


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# How To Detach From Negative People: While Maintaining A Positive Attitude (The Blue Rainbow Series)



## Synopsis

Are negative people poisoning your positive attitude? Do you feel exhausted and dishearten just by being near them? Are you wondering how to detach from their negative energy? At the same time you expand your own positive attitude! The stress that is created by being around negative people can cause you both emotional and physical harm. It is very important that you remove yourself from them emotionally so you can be free of their harmful vibrations. The Blue Rainbow series is a collection of purposely short teachings and meditations. They have been created to convey single-focused topics. Contained in the book is an exciting new process for personal growth and transformation. You will: 1) Gain the ability to sever the emotional tie that link you energetically. 2) Find why it's important that you build and maintain your positive attitude. 3) Learn why negative people are stuck in their rut. 4) Included is a downloadable link for the FREE 17 minute corresponding Cutting Negative Emotions Meditation. I have created this meditation specifically to help you to emotionally detach from negative people. 5) Find out how you will benefit by joining my on my website <http://barbbailey.com> for a Letting go Gift package that includes the FREE: The Rainbow Balancing Meditation, Inspirational Newsletters and How to Overcome Past Negative Video.

## Book Information

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## Customer Reviews

I was struck immediately by a quote at the beginning of the book which stated "The people who are the hardest to love are the ones who need it the most." (Peaceful Warrior) This sets the stage for a thoughtful, and occasionally tough talking book about the necessity of detaching from negative people. The book investigates why many people are stuck in a negative rut, and examines the impact on those they come in contact with. Great advice is given regarding staying positive, keeping independent, and most importantly, how to protect yourself from their toxic waste. Some suggestions to help are meditating, never judging (though that is a difficult one for me), and learning to feel compassionate w/o losing one's self-worth. As someone who has family members who seem to revel in being miserable and negative, this book was like a tonic! Highly recommended!

This book was helpful and insightful when it comes to dealing with negative people and negative situations. I was struggling with this by taking two steps forward and four steps back. Every time I thought I had conquered this, something would happen with a particular person that seemed to take my path to spiritually back to the beginning. By reading this book I've come to realize that other's negative thoughts and actions are theirs and has no reflection on me. It reiterated something I knew and had forgotten - Don't give others power over your thoughts, feelings and actions. This is a very good book for showing you how to deal with other people's toxic actions.

I have always been an entrepreneur-minded person that came from a mostly traditionalist family, except my mom and grandfather which are now gone, which were also entrepreneur minded the last few years of their life. Most of these traditionalist people I work at my job and most of my family are very negative and it affects my state of mind. This book offers great advice that I can implement into my daily life.

Negative people are miserable and contagious, and if you want to lead a happy, healthy and successful life, you must get rid of them all. You don't know how to do that? No worries; this book provides some crucial tips and pieces of advice dedicated to anyone who have trouble saying 'no' to negative people. If you've been feeling infected by such parasites, yet you want to regain your

positive attitude and improve your sense of well-being, don't hesitate to take a look at this book!

In a world of so much noise and negativity this book is a gem. I love how the author makes you see things from a different perspective. All while applying different techniques to stay positive.

We live in a society full of negative people , and we often are all surrounded by few of them, this is affecting ou well being, this book is well written, easy to read and understand,the book is full of useful informations and tips and i learn a lot from it , and i can say that i now know how to be more careful and detach from those negative people, thanks to the authors for this great read

recommend its helpful

This book has so much truth it. I know this for certain, because I've read many other books just like this. This book is all about taking control over the subconscious mind in an unconscious world where the mind can easily lean toward whatever the majority is doing--and that of course is thinking negatively. Unless we take direct control of our thoughts and make willful decisions to be positive and take steps to achieve that, our minds will always automatically think more negatively because that's what we surround ourselves mostly in our daily lives.The bible teaches this same concept. There's a verse that says life and death is the power of the tongue and another that says we will eat the fruit of our words. Speaking words aloud teaches our subconscious mind how to think. It's one of the many actions we can take to enhance our lives.We should of course also do the many things suggested in this book such as avoiding negative areas that poison your life, understanding how negative people think so it doesn't affect you, teaching you how to not be burdened with the outside world, surrounding yourself in a positive and empowering environment, and making the choice to not let negative dwellers detox your positive training.Overall here's what the book teaches: positivity is a choice--and not something that's just going to happen to you.

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