



A Better Way to Think: Using Positive Thoughts to Change Your Life

By H. Norman Wright

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All of us talk to ourselves, carrying on inner dialogues much of the day. Some of this self talk frees us, but much of it keeps us captive to negative patterns that have a corresponding negative impact on our emotions and actions. But we do not have to remain prisoners of fear, anxiety, despair, disillusionment, regret, or stress! The best selling author of A Better Way to Think shows readers how to truly bring every thought captive under Christ, thereby freeing themselves from the negative patterns of self talk that have stymied their personal and spiritual growth for years. Biblically based and full of practical, proven strategies, this book helps readers harness the positive and creative power of their thought lives in order to experience lasting freedom from negativity.

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Editorial Review

From the Back Cover

Change your life--one thought at a time.

We all talk to ourselves, and this self-talk can determine whether we feel happy and successful about the state of our lives. Too often what we tell ourselves is negative. We point out where we've failed, focusing on our problems rather than keeping our thoughts centered on the positive.

Bestselling author and therapist H. Norman Wright shows you how to free yourself from negative patterns of self-talk that are holding you back. Biblically based and full of practical, proven strategies, *A Better Way to Think* helps you harness the positive and creative power of your thought life so you can experience lasting freedom from negativity.

H. Norman Wright is a bestselling author, a certified trauma specialist, and a licensed marriage, family, and child therapist. He lives in California.

About the Author

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Users Review

From reader reviews:

Gregory Kim:

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