



How to Live a Positive Life: The Art of Living Well

Dr. Robert Puff

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In this book "How To Live a Positive Life: The Art of Living Well" Dr. Robert Puff teach us how to live a positive, healthy life by managing what influences we allow into our lives. This includes external influences such as the people we spend time with, what we listen to and watch. It also includes internal influences such as self-talk, mental conditioning and others. You will learn tips for maintaining healthy boundaries and knowing whether a relationship is a "keeper" or "tossler". You will also gain some insight into why you do the things you do, and how to keep your life on a positive course

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