## HOW to CLEAR NEGATIVE THOUGHTS

You reinforce what you pay attention to.





When you resist negative thoughts, you actually reinforce them.

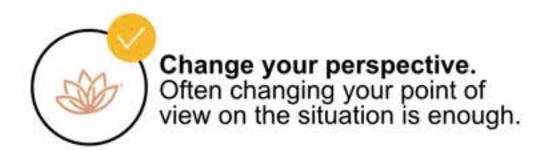
www.eternityofspirit.com/clear-negative-thoughts/

## 7 strategies how to get rid of your negative thoughts















Often the wonderful things are right in front of your eyes, but you fail to see them.