Starve Your Fears & Feed Your Faith

"If you believe you can, you probably can. If you believe you won't, you most assuredly won't. Belief is the ignition switch that gets you off the launching pad."

Denis Waitley

Some Sites to Help Understand the Importance of Belief:

http://www.authentichappiness.sas.upenn.edu/images/TimeMagazine/Time-Happiness.pdf
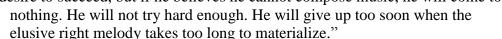
http://www.paigeburkes.com/2011/08/21/eliminate-fear/

http://topachievement.com/craiglock.html

http://www.psychologytoday.com/blog/making-change/201201/the-power-positive-thinking-revisited-0

For A More Scientific Approach,

Check Out Dr. Martin Seligman:

"I believe that traditional wisdom is incomplete. A composer can have all the talent of Mozart and a passionate desire to succeed, but if he believes he cannot compose music, he will come to nothing. He will not try hard enough. He will give up too soon when the elusive right melody takes too long to materialize."
~ *Martin Seligman*

http://www.ppc.sas.upenn.edu/balancedpsychologyarticle.pdf

http://www.ted.com/talks/martin_seligman_on_the_state_of_psychology.html

Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment

Authentic Happiness

"At last, psychology gets serious about glee, fun, and happiness. Martin Seligman has given us a gift."
—Daniel Goleman, author of *Emotional Intelligence*

Martin E. P. Seligman, Ph.D.
Bestselling author of *Learned Optimism*