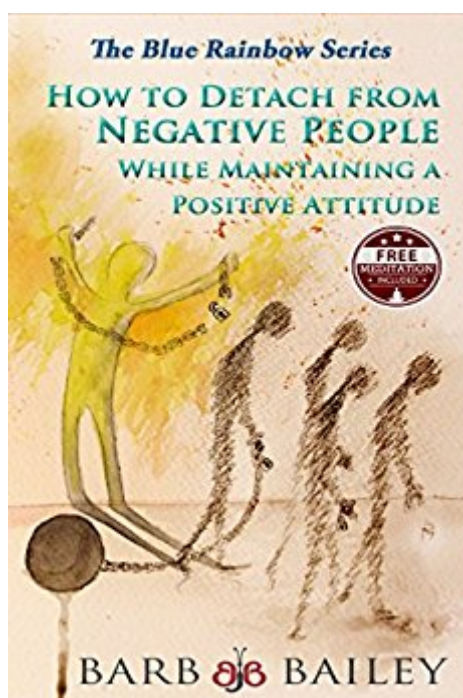


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# How To Detach From Negative People: While Maintaining A Positive Attitude (The Blue Rainbow Series)



## 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

File Size: 616 KB

Print Length: 222 pages

Publication Date: May 30, 2015

Sold by: Â Â Digital Services LLC

Language: English

ASIN: B00YLRP08U

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #399,079 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #93

in Â Â Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology > Experimental Psychology #187 in Â Â Books > Medical Books > Psychology > Experimental

## 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 our well-being, this book is well written, easy to read and understand, the book is full of useful information 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 it's helpful

This book has so much truth to 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 with 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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Techniques Book 1) A Positive Attitude is Everything: Tips to Becoming More Positive and Feeling Better Every Day (Changing Your Attitude, Find Your Purpose, Life-Changing Attitudes, Choose Your Attitude) Rainbow Magic Rainbow Fairies Set: Las Hadas del Arco Iris (Spanish) Books 1-7 (Rainbow Magic Rainbow Fairies) Chicken Soup for the Soul: Think Positive: 101 Inspirational Stories about Counting Your Blessings and Having a Positive Attitude Positive Thinking: Conquer Negativity and Maximize Your Potential; Strategy Guide to Permanently Conquer Negativity and Negative Self-Talk With the Power of Positive Thinking Rainbow Boa. Rainbow Boas as Pets. Rainbow Boa, Biology, Behavior, Husbandry, Daily Care, Enclosures, Costs, Diet, Interaction and Health. I Am Positive: 31 Daily Positive Affirmations For a Positive Soul Detach and Survive: A Book of Self-Care for the Wives of Midlife Crisis Men A Practical Guide to Building And Maintaining a Koi Pond: An Essential Guide to Building And Maintaining (Pondmaster S.) Che-Moment: Life Lessons, Facing Death, and Surviving Cancer (AML M2) Leukemia and Beyond. A Medical Rep's Story of How Faith, Positive Attitude, and Exercise can Beat the Odds. Positive Thinking, Be Happy, and Change Your Attitude with Self-Hypnosis, Guided Meditation, and Subliminal Affirmations Collection - Four Books in One (The Sleep Learning System) Get Your Head In The Game: The Power Of Positive Mental Attitude Drawing in Black & White: Creative Exercises, Art Techniques, and Explorations in Positive and Negative Design MIND SHIFT - The Key to Erasing Negative Thoughts and Unlocking Positive Perception Handwriting Analysis: Dual Aspects of Traits. Positive and Negative Ways to Describe Traits The Power of Negative Thinking: An Unconventional Approach to Achieving Positive Results Section 609 Credit Repair: Proven Strategies To Remove All Negative Line Items From Your Credit While Improving, Repairing, And Raising Your Credit Score Quickly And Easily Positive Options for Sjögren's Syndrome: Self-Help and Treatment (Positive Options Series)

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