



# Choose Your Attitude, Change Your Life: ...in 30 Days

*Deborah Smith Pegues*

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You've heard the expression, "Attitude is everything." But can a positive mental attitude make all that much difference in your personal and professional life? Deborah Smith Pegues, author of the bestselling *30 Days to Taming Your Tongue*, believes strongly that it can.

In *Choose Your Attitude, Change Your Life*, Deborah explores the root causes of 30 negative attitudes, their impact on your life and relationships, and how you can learn to think positively instead. As a result, she helps you recognize and conquer counterproductive behaviors, such as criticizing the choices others make, being inflexible, and being indifferent to the needs of others.

Deborah's handy guide uses Bible-based principles and practical strategies to point you toward the path to a better outlook on life, empowering you to display a positive mental attitude in every situation and leading to healthier relationships, personal growth, and the ability to handle life's challenges as never before.

Previously titled *30 Days to a Great Attitude*.

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