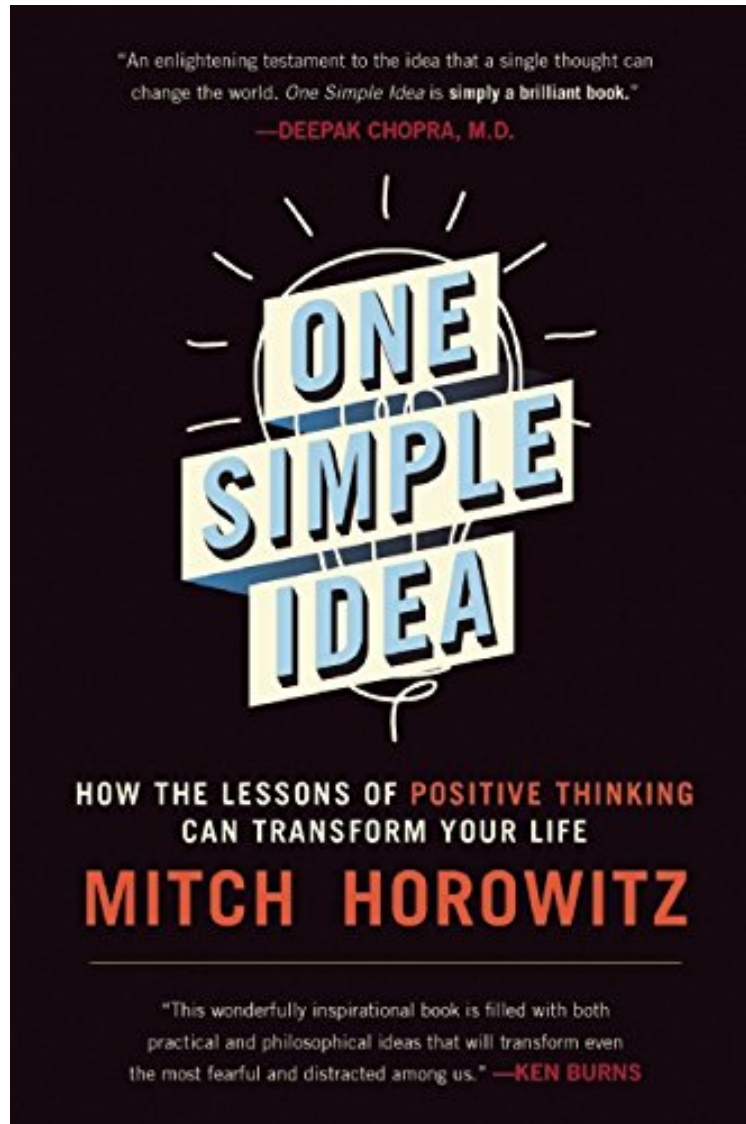


(Mobile book) One Simple Idea: How the Lessons of Positive Thinking Can Transform Your Life

# One Simple Idea: How the Lessons of Positive Thinking Can Transform Your Life

*Mitch Horowitz*

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**Mitch Horowitz : One Simple Idea: How the Lessons of Positive Thinking Can Transform Your Life** before purchasing it in order to gage whether or not it would be worth my time, and all praised One Simple Idea: How the Lessons of Positive Thinking Can Transform Your Life:

7 of 7 people found the following review helpful. A Compelling History of America's Embrace of Positive ThinkingBy H. BishopOne Simple Idea is a compelling book that traces Americans fascination with positive thinking

and self-help teachings. What began as a mid-1800s alternative spiritual movement called New Thought has transformed into the secular self-help books and seminars of today exemplified by the motivational guru Tony Robbins. Today positive thinking is ecumenical embraced by Christians like Joel Osteen and Norman Vincent Peale (who influenced Donald Trump), and those in alternative spirituality like Deepak Chopra. Author Mitch Horowitz is no Pollyanna apologist for positive thinking. In this book he soberly assesses what he sees as the movements strengths and weaknesses. The New Thought movement that began in the 1800s had several positive cultural effects, according to Horowitz. First, it was a form of DIY spirituality that empowered individuals to have their own spiritual revelations apart from an established church. It legitimized what we would term today an individuals spiritual search. Second, the positive thinking movement practiced tolerance, seeing truth in all religions, and was ahead of the curve on racial and gender equality. It was among the first to welcome women ministers and spiritual teachers. Horowitz also catalogues weaknesses of the movement. These include contemporary mind power advocates who believe that our thinking creates 100 percent of our reality. This leads to blaming the victim when they fall ill or face other life challenges. Meanwhile cynical critics of positive thinking miss tangible scientifically-proven benefits including the mind-body connection, the placebo effect and rewiring the brain through neuroplasticity. While Horowitz is a spiritual believer, he also recognizes that one need not buy into metaphysical explanations to benefit from positive thinking. The best approach, he writes, echoing pioneer psychologist William James, is to neither accept nor reject such teachings, but to experiment with these mind power techniques in your own life. Accept what works and reject the rest. 4 of 4 people found the following review helpful. Get this and Occult America, and You'll Be Set By Conrad Hoss Mr. Horowitz has cemented himself as the most level-headed and detailed occult historian in modern times. He is balanced yet still has a thesis, and somehow combines open-mindedness with rationality in ways that I haven't experienced with occult/self-help/magic/paranormal literature. For some reason a couple of people gave this book one star because they thought it was a self-help book. So if you are looking for a self-help book, don't get this. This is a history of positive thinking. This book is for serious and educated readers who have patience to read a sometimes laborious yet interesting history of the movement. One Simple Idea fills a gap in the historical record. I walked away from this book much more informed about the origins and groups, and even American history. Mitch Horowitz has made numerous appearances on podcasts, Youtube videos, and has written informative articles to bring light to the mainstream media about the harmless truth about the occult and the benefits of positive thinking. He has a great respect for Manly P. Hall and Edgar Cayce, among others. He also believes in the Enneagram. Be sure to check him out online if you are unsure about buying this book. 6 of 6 people found the following review helpful. A Self Help book that really helps the self. By Customer Mitch Horowitz has opened up new territory by writing a book that needed to be written. I found that for me, it gave me more opportunities than all the self help books have, by freeing up space in the imagination that had a mountain of trash, I now call Napoleon Hill. Thanks Mitch! And thanks George Noory for putting Mitch on Coast To Coast AM. The book is not a scholarly work as such in that it is a work of popular history, that makes a good point. A good point is priceless.

The power of positive thinking. It is an idea deeply rooted in American culture, from Oprah to The Secret to the mass-media ministries of Joel Osteen and T.D. Jakes. Yet no one has examined how this one simple idea to think positively has morphed from metaphysics into mass belief. In One Simple Idea, Mitch Horowitz tracks the history of the positive-thinking movement from its pioneers to its most dramatic personalities, including Dale Carnegie and Norman Vincent Peale. Positive thinking has been the root of studies on the placebo effect, the 12-step approach to overcoming addiction, and the mind-body connection in treating illness. And it is central to the American idea of success, as seen in political messages like Ronald Reagans Nothing is impossible or President Obamas Yes, we can and slogans such as the U.S. Armys Be all you can be and Nikes Just do it. This paperback edition includes new exercises and methods, which readers can use to test the validity of positive-mind mechanics in their daily lives. One Simple Idea answers the age-old question Does it work? and shows that, yes, positive thinking can change the world.

From Booklist This is not yet another book purporting to tell you how to harness the power of positive thinking to improve your life. Instead, its a history of the positive-thinking movement. Beginning with German physician Franz Mesmers popular (but eventually discredited) theories of animal magnetism and moving through tuberculosis survivor Phineas Quimby (who realized the power to heal oneself came from the mind and not from an invisible fluid in the body) to Mary Baker Eddy (a Quimby patient who would go on to found Christian Science), Norman Vincent Peale in the mid-twentieth century, and on to contemporaries Joel Osteen, Tony Robbins, and Mehmet Oz, the author explores the way the idea of positive thinking has shifted and evolved as new hands touched it. Even those who are critical of the positive-thinking movement, or New Thought, as its sometimes known that appellation was coined by Ralph Waldo Emerson are likely to agree that this is a well-researched, thoughtful, and frequently surprising history of the subject. Its unlikely to change skeptics minds, but thats not the point anyway: the point is to educate and inform, and the author does that splendidly. --David Pitt [An] enlightening testament to the idea that a single thought can change the world. One Simple Idea is simply a brilliant book. Deepak Chopra, M.D. This wonderfully inspirational book is filled with

both practical and philosophical ideas that will help transform even the most fearful and distracted among us. Ken Burns, documentary filmmaker This book is a liberation of the human spirit. The words contained in these pages are a mandate to us all to take the reins of our lives and make better choices moment to moment. Barry Zito, pitcher, San Francisco Giants, three-time All Star and Cy Young Award winner A tour de force One Simple Idea is a remarkable book. The Washington Times Spell-binding. Publishers Weekly Horowitz is a fluid writer... And like Ronald Reagan, he's unembarrassed about the mystical side of positive thinking. Horowitz ends his book with a chapter titled Does It Work? He says it does. Businessweek Charts the long ascension of the mind-power movement despite the mystical nature of many of its claims, the author contends, there is enough evidence that so-called New Thought philosophy is at least a little bit true and for believers, a little can go a long way. Psychology Today Thoughtful, well-researched fascinating. The Christian Science Monitor Horowitz's book takes us far from naive doctrines convincing. Paris Match