



Relentless Optimism: How a Commitment to Positive Thinking Changes Everything (Sports for the Soul Book 3)

Darrin Donnelly

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Studies prove that positive thinkers are happier, healthier, and more successful than everyone else. Discover the simple, proven techniques for becoming a more positive person...

Positive thinking leads to positive outcomes. Study after study proves this. Researchers have found that optimistic people live longer, live healthier, have more energy, have more successful careers, make better decisions, are more productive, are less stressed, have healthier relationships, and (not surprisingly) are much happier than pessimists.

However, a lot has been misunderstood about what it means to be a positive thinker and what it takes to maintain an optimistic mindset. It takes a lot more than repeating feel-good platitudes to make positive thinking work in your life. It takes discipline, commitment, and a proper understanding of what optimism really means in a world that is constantly throwing new challenges at us.

This is a book for anyone who has ever questioned whether positive thinking really “works.”

It’s also a book for those who have tried to develop a more positive attitude, but have found it difficult to eliminate the voices of fear, doubt, and cynicism.

This is a book for anyone who wants to put optimism to work in their life with practical, proven techniques.

In this inspirational fable, you’ll meet Bobby Kane, a 31-year-old minor league baseball player who realizes his dream of making it to the majors is finally coming to a disappointing end. His dream, he believes, was not meant to be.

That is, until Bobby meets an unconventional manager named Wally Hogan. More mental coach than baseball manager, Wally teaches Bobby that if you want to change your life, you have to first change your thinking.

As you’ll see in this book, developing a positive mindset gives Bobby a renewed chance to make his dreams come true—not just in baseball, but in all areas of his life.

Wally teaches Bobby what it means to be an optimist and what it takes to maintain a positive attitude through the ups and downs of life. He teaches him proven, real-world techniques for building and sustaining optimism. These methods have an immediate impact on Bobby’s life and they will have an immediate impact on yours as well.

This book will show you just how powerful a positive attitude can be and it will teach you how to use positive thinking to make your biggest dreams come true.

Relentless Optimism: How a Commitment to Positive Thinking Changes Everything (Sports for the Soul Book 3) Details

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From Reader Review Relentless Optimism: How a Commitment to Positive Thinking Changes Everything (Sports for the Soul Book 3) for online ebook

Scott Parker says

Inspirational story

I love Darrin's books!! He does a great job incorporating life lessons into inspiring stories. This particular book caused me to take a serious look at myself to determine if I truly have been giving my best effort.

Al Batinga says

Amazing book

If you enjoy a story of ups and downs and sound advice in minimizing the downs and maximizing the ups, then you will enjoy this book. But underneath the story is the truth of the story. As someone who's been through many ups and many more downs, I know that handling it the way the story points is the only way to go.

Mario C. says

Great tool book for taking steps towards a better life

Contains valuable lessons on how to take head on life's challenges and how to react to things that are out of one's control, to think in a positive way constantly and gives you the tools to stay that way.

R.C. Marantis says

Great!

A tear jerker and a life changer! When I read this, Bible verses kept popping into my head. The only thing I would change is where our source of trust comes from. This book teaches you to trust yourself but trusting your maker is far more effective with these principles.

Mike Marciano says

This one keeps you reading

Great read from Donnelly. Took lots of notes and looking forward to the next in the series. His books allow you to lose yourself in them.

Brad Partridge says

Excellent book on the power of positive thinking.

Sylvia Gay says

Enjoyed the message of the power of positive thinking in our lives.

I found this book as I was looking for ways to help my son overcome his self doubt. He's a talented ball player who sometimes allows his mind to prevent him from doing his best. This book was an easy read that said just what I needed.

Radley Priestino-west says

There are no words other than WOW!! Great book. Great lesson inside. Just the reminder I needed.

Jeffrey W Chandler says

Outstanding!

Easy to read and easy to understand. Relentless optimism will teach you something new and reinforce what you already know.

Jeff Lamb says

Keeps getting better

I'm a baseball guy so maybe that is why, but I've read the first three in less than a month. He's very much like Jon Gordon, in a good way, but specific to athletics. Not that Gordon is not, but both of their storytelling ability is superb. I really liked it, and recommend it to anyone.

Kristopher Barrett says

Amazing Story

This book is an amazing story that combines a fictional tale, with a message that really gets you thinking! I am an inspiring baseball coach, and every page seemed to contain something that I could see myself using in my career. If you're wondering whether or not you should read this book, do yourself a favor and read it!

Lucas Dodson says

In the book “Relentless Optimism” by Darrin Donnelley it explains the mind over matter aspect that your mind controls your every move and if you perform well in any possible situation. Because your mind is the stronger muscle in your body it can make you do great things.

I personally loved this book because it incorporates a very important life lesson with baseball and I read it because of the lessons the book contained like to be an optimist not a pessimist and one you make a mistake don't make it permanent.

I think that the age range reading this book should be 13-adult because even if your an adult you can take something out of this book to change your lifestyle for the better.

Allie Cat says

I thought this was an easy, uplifting read. Perfect if you are looking for a feel-good book.
