



# Chicken Soup For The Soul : Think Positive

*Jack Canfield*

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## **Chicken Soup For The Soul : Think Positive** Jack Canfield

Buku ini berisi 101 kisah indah yang sangat menginspirasi tentang menemukan kekuatan untuk mengatasi tantangan-tantangan atau cara untuk menjadikan hidup lebih bermakna. Dengan bersyukur dan selalu berpositif, kita akan memiliki hidup yang lebih baik dan kenangan yang lebih indah. Kisah-kisahanya di dalam antara lain mengenai:

- membuat setiap hari menjadi hari yang spesial,
- menggabungkan rasa syukur dan sukacita dalam kehidupan sehari-hari,
- menghitung nikmat dan mengubah cara pandang,
- menggunakan kata-kata yang lebih baik untuk menggambarkan kehidupan kita,
- menghadapi kanker dan penyakit lain dengan sikap positif,
- menyederhanakan hidup dan membuatnya lebih bermakna,
- berusaha menemukan sisi baik di setiap situasi, dan
- mengubah kesulitan menjadi kesempatan.

## **Chicken Soup For The Soul : Think Positive Details**

Date : Published October 2012 by PT. Gramedia Pustaka Utama

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## **From Reader Review Chicken Soup For The Soul : Think Positive for online ebook**

### **Huda says**

My main issue with this book is the title. This book had so many sob stories in it that it left me feeling anything but positive...although I sympathise with everyone's individual struggles, when you read story after story of people going through terminal illness, losing all of their family members, losing their sight etc and ending abruptly with "but I looked on the positive side" it starts to become a little patronising.

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### **Kukuh Wiryawan says**

Buku yg membuat kita selalu berpikir positif tentang apa saja yg kita alami. Sayangnya bahasa dibuku ini agak susah dipahami. Kadang harus membaca berulang agar paham maksudnya.

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### **Susan says**

A wonderful book to read when you need a pick-me - up, or when you are surrounded by negativism.

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### **Ellaine Natalia says**

always love every books of this soup.. inspiring..

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### **Lisa Wagner says**

This one you don't have to break out the kleenex when you read it.

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### **Naomi Chen says**

Finally! The longest book I ever read!!

decided to give 'it was OK' rating.. 2 stars. Only few stories that interest me.. that's why took a very long time to finished one book..

this book is good for motivation.. but the theme too 'heavy' and also, due to 'translation', this book seem to be more and more heavy ... hahaa...

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## **Army says**

good book

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## **Petra says**

I usually like this kind of books, but this wasn't the case. The problem I have with it is that it's really long and perpetuates some dangerous opinions. I understand that it was supposed to be for people to read amazing stories and see the benefits of positive thinking. It's great idea, but the result isn't great.

The book is divided into several sections based on the problems that the people in them faced and some of the sections feels like a constant variation of the same story. Which makes sense, because if you have an entire section of health problems, there's only limited amount of outcomes you can have, especially if you're writing only about the ones where people find a positive way to deal with it all. And when you feel like you're reading the same story again and again, you get annoyed, not positive.

Some of the stories were also annoying on its own. For example, there is a story told by a woman, where she talks about our current culture of borrowing money we don't have to buy things we don't need. She goes on and on about the little house they have, that it's tiny and broken, but they are happy, because they don't need several jobs to buy things they can't afford and that they are happy and don't need more things just so they can have as many things as other people and so on. And at the end of it, she says that thanks to not spending so much, they paid back the loan for the house several years before its time. Seriously?! You go on and on that loans are bad and you don't need to borrow money to get things you can't afford and it all feels like you're trying to persuade yourself and then you say you actually had loan for the house...

I also didn't like the recurring themes of "doctors are bad" and "don't you dare having negative thoughts". Lot of the stories had this tone that doctors don't know what they're doing and with positive attitude you can help yourself much more than they can. The second theme was even worse. I get that this is a book about positive thinking, but it presents any negative thoughts as absolutely bad, regardless of the situation. The people in the stories couldn't grieve without it being labeled as self-pity. Anxiety was painted as something doctors prescribe you addictive medication, which pissed off, because that's exactly the way mainstream society sees it, but it's not entirely true and it's harmful to perpetuate this. And don't get me started on depression, again, it was self-pity, selfishness, something that people need to get rid off, it's bad and you shouldn't feel that way. As a person suffering from both anxiety and depression, I was getting really annoyed with this attitude, because I'm absolutely sick of people thinking I can snap out of depression. Instead of shaming the people in the stories for being depressed after stressful experience (sudden loss of job for example), they should have acknowledged that certain amount of negative thoughts is normal.

All in all, I wouldn't recommend this book. The repetitive stories are exhausting and it perpetuates many myths and attitudes that are harmful to people living with mental health issues or just going through a really rough time in their lives.

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## **Nacya Karina says**

Seriously in love with this book!really make me inspired and of course blessed

