



The Power Dictionary: 382 Positive Action Words to Inspire and Empower (Paperback)

By Michele Sirugo Barber Ed S

Createspace, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.The Power Dictionary contains 382 positive action words, each with two related inspirational quotations by more than 500 sources. According to Barbara Fredrickson, Professor of Psychology at the University of North Carolina at Chapel Hill and Principal Investigator of the Positive Emotions and Psychophysiology Lab, daily experiences of positive emotions compound over time to produce increased life satisfaction, mindfulness, friendship development, marital satisfaction, physical health, and social support; higher incomes; longer life span; and decreased illness and depression. Let The Power Dictionary point you in a positive direction to make your life more fulfilling, and set you on a path you have been contemplating. The words and quotations will provide you with a focus for daily thoughts and activities and will serve as a focus for meditation, mindfulness, and thoughtful reflection. The Power Dictionary will empower and inspire you and will be a Power resource to a better tomorrow. Compiled by Michele Sirugo Barber, Ed.S., School Psychologist, each word and quotation has been hand picked to provide inspiration and motivation. Pick up The Power Dictionary in the morning to begin your day. Choose...



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