

How To Thrive, Not Just Survive

POSITIVITHINK™



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BOOKS

media kit

NIKKI ARNOLD

THE BOOK

DESCRIPTION

We have all experienced pain and difficult times in our lives. Do you want to continue to suffer or learn to flourish and live a wonderful, fulfilled existence? The good news is that life doesn't have to be perfect to be wonderful!

Do you wish you could focus on the positives in your life and be excited for what the future may bring? Do you have a desire to be more optimistic and have a better outlook, to stop focusing on and worrying about what you didn't get and weren't selected for? Do you wish you could let go of the regret of things that weren't fair or didn't go your way? Do you want to discover your character strengths and use them to pursue BHAG's (Big Hairy Audacious Goals)? Like truly does attract like. Whatever kind of energy you put out into the universe will attract the same result, positive or negative.

If you have ever experienced deep disappointment, financial stress, strained relationships, a difficult working environment, fear of change, lack of direction, numbly going through the motions, or simply not being satisfied with life, this book is for you. *PositiviThink™: How To Thrive, Not Just Survive* provides extremely useful information and tools that will help you improve many areas of your life.

LEARN HOW TO...

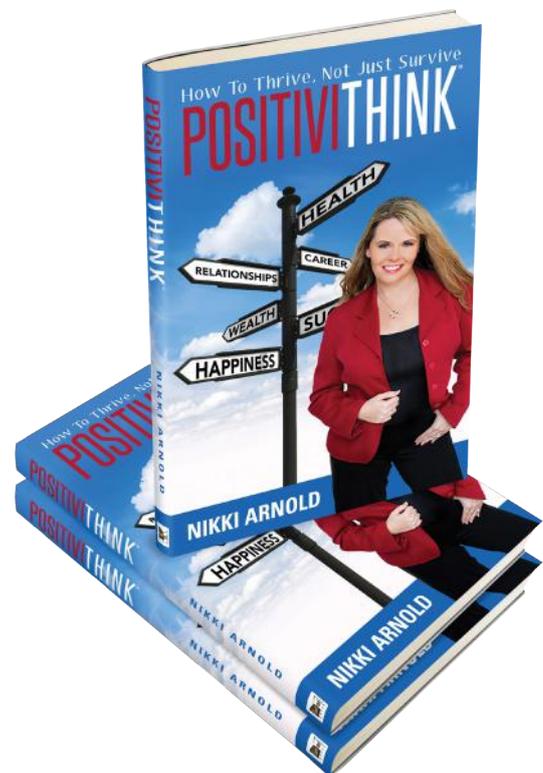
Finally break the cycle of going through the motions and still not reaching your highest potential or having the life you desire and deserve.

Realize the power of positive thinking, conquer your limitations, resolve inner conflict, empower yourself, and change your mindset to see things from a different perspective.

Become fulfilled in order to thrive, not just survive. As my friend Tony Robbins says, "By changing nothing, nothing changes."

“Don't wait for it to happen. Make it happen.”

- Nikki Arnold



THE BOOK

UNCOVER IN THESE PAGES...

Want to live your best life and turn your ordinary into extraordinary? Nikki empowers people to reach their full potential and live a fulfilled, rewarding, happy life.

- **Be Your Best Self** – Live the best life possible.
- **Don't Continue to 'Suffer'** – Remove the negative self-talk.
- **Be Resilient** – What doesn't kill you makes you stronger.
- **Positive Thinking** – A day without laughter is a day wasted.
- **Gratitude** – Everyone has at least one thing to be grateful for.
- **Health** – You only have one body, so look after it.
- **Coping With Grief** – Survive the rollercoaster of emotions and move forward.
- **Communication** – Get what you want out of great relationships.
- **Take Your Life to the Next Level** – Enjoy a champagne lifestyle on a beer budget.
- **Generosity of Spirit** – When you give to or help the less fortunate, everyone benefits including you.
- **Make it Happen** – Pursue your goals and go after what you want in life. Remember that you're in charge.

**"If you believe in
yourself, anything
is possible."**

- Nikki Arnold



THE AUTHOR

Nikki Arnold JP is an author, speaker, coach, and director of Inspired Living International, which is based on the nineteen-billion-dollar industry within the self-development market sector (consider the phenomenon of *The Secret*). She is also a member of a number of writing and critique groups including Writers Guild, Writer Circle, Writing Tips, and Creative Writing Critique Center.

Nikki has been happily married to Durban for eighteen years and is the mother of two beautiful, healthy children. The couple had humble beginnings. Durban had only been in Australia for a few years after arriving from Zimbabwe and was a barman and university student at the time of their marriage. Nikki was an executive assistant for over twenty-two years, significantly contributing to the effectiveness and success of high-profile CEOs, in addition to principals of independent/private girls' schools. She worked long hours, with little or no flexibility, paid high taxes, and, in some instances, helped to build someone else's wealth.

Nikki and Durban both had dreams of a better life, goals to further their careers and set a good example for their children, a desire to live a life of financial freedom so they could regularly donate to worthwhile charities and causes, and, most importantly, provide an excellent education for their children. Nikki learned many skills, confidence, resilience, positive thinking, and action in her prestigious career by observing incredible, inspiring, high-profile, successful people. Durban, a very capable, competent, quick-learning, and hardworking man, achieved his career goal to become a CEO himself, at a very young age. They have gone from having practically nothing to applying their skills and lifelong lessons to build an incredible, very fortunate, successful, blessed life for themselves and their loved ones, creating an extraordinary life without limits.

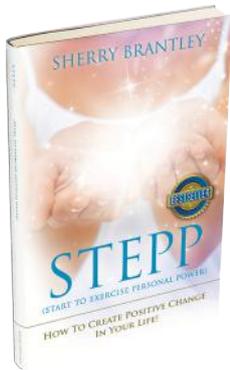


Nikki's passion is to share her many insights with others to help them live the best life possible. She empowers others to reach their highest potential, to have courage, to believe in themselves and live a fulfilled, successful, positive life. "It's amazing, once you have planted that seed and given someone more knowledge, resilience, confidence, and self-belief, helping them remove baggage, self-doubt, and predetermined thoughts to change their situation, follow their dreams and goals, and live a more fulfilled life," she says. Nikki is a mentor and coach to a number of people, but she aims to use her writing to share beyond the scope of those she can coach in person.

PositiviThink™: How To Thrive, Not Just Survive, will help others become more positive, learn how to master their emotions and energy levels, accept what they cannot change, and equip them with new tools to go after what they want and create a better life for themselves.

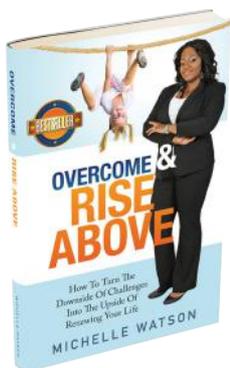


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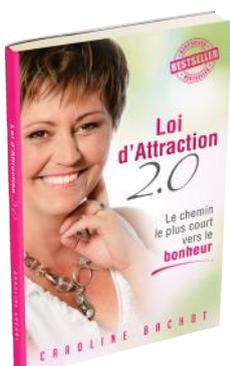
"Nikki Arnold's book, *Positivithink*, gives great information for those looking to believe in their dreams and succeed in reaching them! If you're seeking a book on personal growth that will propel you to YOUR next level, THIS is the book to read!"

SHERRY BRANTLEY, author of *STEPP- Start To Exercise Personal Power-How To Create Positive Change In Your Life!*



"So many people fail to reach their full potential. *Positivithink* is what they need!"

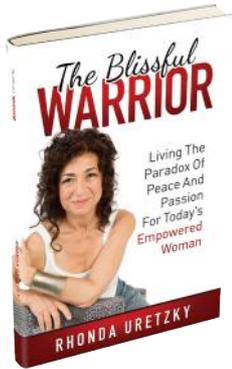
MICHELLE WATSON, author of *Overcome And Rise Above*



"Nikki Arnold cuts straight to the chase on how to get that 'dream life'. Her book gives that inspiring push to that paradigm shift of *positivithink*."

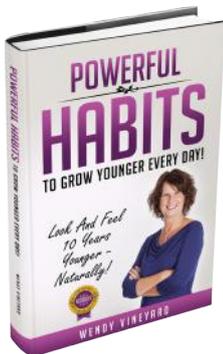
CAROLINE BACHOT, author of *The Fastest Way To Happiness*

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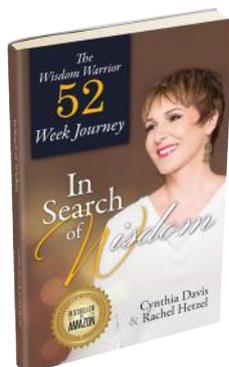
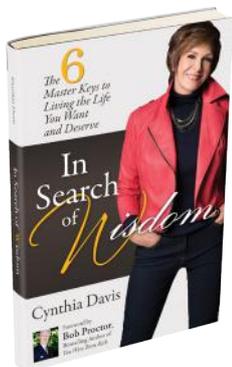
"When Nikki Arnold talks about BHAGs - Big Hairy Audacious Goals! - I break out into a smile. Whenever I'm faced with a frightening situation (or opportunity,) I tell myself, "Go bigger!" by imagining an even bigger goal. Nikki's book is filled with little gems like this that you can carry with you and take out whenever you need to remember who you really are."

RHONDA URETZKY, author of *The Blissful Warrior: Living the Paradox Of Peace and Passion for Today's Empowered Woman*



"A must-read for anyone who's struggling to deal with limitations, inner conflict or a sense of powerlessness."

WENDY VINEYARD, author of *Powerful Habits To Grow Younger Every Day*

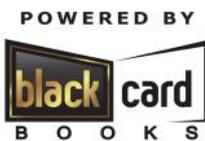
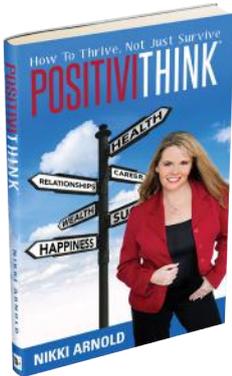


"Positivithink is a powerful principle to live by, yet written in very practical and relatable terms. Indeed, it's all about turning something ordinary into extraordinary."

CYNTHIA DAVIS, author of *In Search of Wisdom: The 6 Master Keys to Living the Life You Want and Deserve* & *In Search of Wisdom: The Wisdom Warrior, 52 Week Journey*

BOOK INFO

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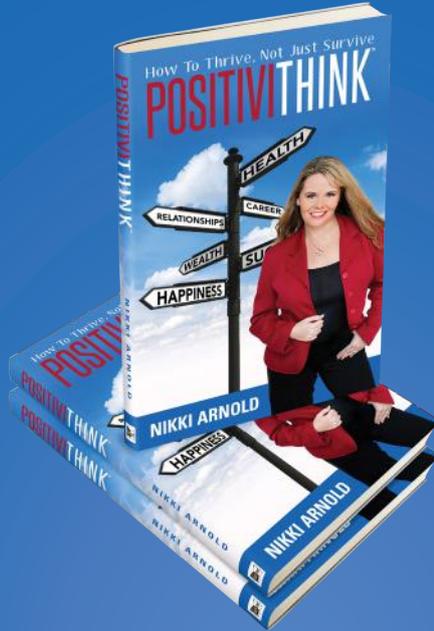
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