

Title:

Negative Energy - How To Avoid It

Word Count:

637

Summary:

We all have experienced negative energy. Why not learn some ways to avoid it?

Keywords:

negative energy, energy, self improvement

Article Body:

Where does negative energy come from? Some of it is from the other people we spend time with.

Negative Energy People

Perhaps you have a friend who needs to challenge everything you say. Some people you know may

What can you do about these "negative energy people"? First recognize that it isn't always just

There are other ways to change the negative energy between you and another. One way is to talk

If the above ways don't work, or if the person is just always depressing, the solution is simple

Negative Energy From Our Thinking

At times, don't we all produce our own share of negative energy? It comes from primarily one place

It is a simple, but not always an easy solution. Start by watching your mind. When does it indicate

The flip side of negative thoughts is positive ones. This doesn't mean you need to be overly optimistic

Start doing what you have to. For example, if it's difficult for you to remember to think positive

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