



# **Become Contagious: Unleash the Power of Positive Energy! (Lifestyle Transformation Series Book 1)**

*Shawn Burr*

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## **Become Contagious: Unleash the Power of Positive Energy! (Lifestyle Transformation Series Book 1)**

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Become Contagious is a powerful collection of ideas that allows you to use your mind to harness the power of positive energy. Once you learn the principles, and following a few simple rules, you will learn how to unleash an extraordinary lifestyle by eliminating negativity, developing an inner happiness, and embracing the world at a different level.

What you will learn about:

Positive Energy Addiction: (It's a Good Thing)

Using The Law of Attraction To Benefit Your Life

Start Eliminating Negativity Today

Love and Accepting Yourself

Be Thankful

Use the Power of Positive Thinking

Emotions are Contagious

Create a Positive Ripple Effect

Spread the Wealth: Share Your Positive Attitude

Laughter Brings Joy

Smile: Feeling the Radiance

Speaking a Positive Language

The Power of Positive Words

Feeding Your Mind with Inspiration and Positivity

Fuel Your Body with Proper Diet, Exercise, and Spirituality

Embracing Nature

Recharging Your Batteries: Getting Adequate Rest

Paying it Forward: Start a Chain Reaction

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