



Kiss That Frog!: 12 Great Ways to Turn Negatives Into Positives in Your Life and Work

By Brian Tracy

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Kiss That Frog! contains a series of practical, proven, easy-to-apply ideas and strategies that anyone can use to change their thinking from negative to positive. The ideas in this book are based on more than 100 years of writing and research in psychology and psychotherapy and are presented in an easily digestible form that goes directly to the root of the reasons why people feel negatively about themselves and about various factors in their lives. Every idea and instruction in this book has been tested and proven in the crucible of real life experiences, both by the authors (Brian Tracy and Christina Tracy Stein) and by the millions of other people worldwide whose lives have been positively affected by these simple principles.

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Editorial Review

Review

"The moment Brian shared with me the message of his new book, I knew I had to have it, read it, and share it with my friends. I recommend you buy this book, read it, and use it--because a happier, more joyful life is just a few hours away."--David Bach, #1 New York Times bestselling author of *The Automatic Millionaire* and founder of *FinishRich.com* "Don't let the funny title fool you--Kiss That Frog! could change your life. Let Brian Tracy and Christina Tracy Stein help you let go of negative thoughts that may be controlling your day-to-day attitude more than you realize. Read this book and step into a more positive future!"--Ken Blanchard, coauthor of *The One Minute Manager*(R) and *Lead with LUV* "Brian promised that his book with the icky title would show me new ways of overcoming fears, to clear my mind of unwanted memories, and to move forward toward my dreams with forgiveness and positivity. So I kissed that frog. And it wasn't all that bad. Actually, it was excellent. I recommend that you kiss that frog, too."--Robert G. Allen, author of the bestsellers *Creating Wealth and Multiple Streams of Income* and coauthor of *The One Minute Millionaire*"A timely book that helps us focus on finding the good in another person or situation rather than finding faults or flaws. I especially liked the 'Now Do This' tips that help transform the book's concepts into tangible behaviors. This book should be required reading for everyone!"--Dr. Tony Alessandra, Hall of Fame motivational speaker, coauthor of *The Platinum Rule*, and author of *Charisma*"Kiss That Frog shows you how to release your unlimited potential for successful living."--T. Harv Eker, author of #1 New York Times bestseller *Secrets of the Millionaire Mind*

About the Author

Brian Tracy is Chairman and CEO of Brian Tracy International, a company specialising in the training and development of individuals and organizations. He has consulted for more than 1,000 companies and regularly holds seminars throughout the US, Canada and 40 other countries worldwide. As a keynote speaker and seminar leader, he addresses more than 250,000 people each year. Prior to founding his company, Brian Tracy International, Brian was the Chief Operating Officer of a \$265 million dollar development company. He is the top selling author of over 45 books that have been translated into dozens of languages. Christina Tracy Stein is a marriage and family counselor and therapist.

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