

positive intelligence book review

positive intelligence book review offers an in-depth examination of Shirzad Chamine's influential work on mental fitness and emotional intelligence. This review explores the core concepts presented in the book, including the identification of saboteurs, the role of the Sage, and practical techniques for boosting positive intelligence quotient (PQ). By analyzing the book's structure, key messages, and real-world applications, this article provides a thorough understanding of why the positive intelligence framework has gained significant traction in personal development and leadership circles. Readers will discover how the book integrates psychological insights with actionable strategies to improve mental resilience and overall well-being. This comprehensive review also assesses the effectiveness of the exercises and the scientific foundation behind the methodology. The article concludes with an overview of the book's impact on readers and its contribution to the field of emotional and cognitive self-improvement.

- Overview of Positive Intelligence
- Key Concepts and Framework
- Techniques and Exercises Presented
- Application in Personal and Professional Life
- Scientific Basis and Credibility
- Strengths and Potential Limitations

Overview of Positive Intelligence

Positive intelligence is a concept developed by Shirzad Chamine, encapsulated in his book that focuses on enhancing mental fitness through increasing the positive intelligence quotient (PQ). This metric measures the relative strength of positive mental muscles compared to negative ones, offering a new perspective on emotional intelligence. The book introduces readers to the notion that the mind is often hijacked by internal saboteurs—automatic thought patterns that undermine success and happiness. Chamine presents a comprehensive approach to identifying and weakening these saboteurs while cultivating the Sage, representing the wise and positive part of the mind. This section of the review outlines the fundamental principles of positive intelligence and its intended outcomes.

Definition and Purpose

The primary goal of the positive intelligence framework is to improve an individual's mental fitness, which in turn enhances performance, relationships, and overall well-being.

Unlike traditional emotional intelligence models, this approach emphasizes the measurable ratio of positive to negative thoughts and behaviors. The book aims to equip readers with tools to recognize destructive inner voices and shift toward a more constructive mindset, thereby increasing happiness and productivity.

Author Background

Shirzad Chamine is a coach, author, and speaker with expertise in leadership development and emotional intelligence. His background combines psychology, neuroscience, and coaching methodologies, which informs the scientific yet practical nature of the positive intelligence approach. This expertise lends credibility to the concepts detailed in the book and the techniques recommended for mental fitness improvement.

Key Concepts and Framework

The positive intelligence book presents several foundational concepts that form the basis of the mental fitness program. Understanding these concepts is crucial for grasping the book's methodology and its potential impact on readers.

Saboteurs: The Inner Critics

One of the central ideas is the identification of saboteurs—internal voices or thought patterns that generate stress, self-doubt, and negative behaviors. Chamine categorizes ten primary saboteurs, such as the Judge, the Victim, the Controller, and the Avoider. Each saboteur operates automatically and undermines the individual's potential by distorting perception and reducing positivity.

The Sage: The Positive Mental Power

Contrasting with saboteurs, the Sage represents the wise, calm, and positive part of the mind. The Sage is responsible for empathy, creativity, and clear-headed action. The book explains how strengthening the Sage's influence can help neutralize the saboteurs and lead to improved mental clarity and emotional resilience.

Positive Intelligence Quotient (PQ)

PQ is a novel metric introduced to quantify mental fitness. It is defined as the percentage of time an individual's mind is dominated by the Sage rather than saboteurs. The book claims that increasing PQ positively correlates with better performance, happiness, and relationships. The framework provides methods to assess and improve PQ progressively.

Techniques and Exercises Presented

The book is not merely theoretical; it offers actionable techniques and exercises designed to weaken saboteurs and strengthen the Sage. These practical components form the core of the mental fitness training program.

Mindfulness and Awareness Practices

Chamine emphasizes the importance of mindfulness to recognize when saboteurs take control. Exercises encourage readers to pause, observe their thoughts without judgment, and identify which saboteur is active. This awareness is the first step toward reducing their influence.

PQ Reps: Mental Fitness Workouts

Similar to physical fitness, the book introduces "PQ reps," short mental exercises that build positive neural pathways. These workouts involve focusing attention on different parts of the body or breathing to activate the Sage. Regular practice is suggested to increase PQ gradually.

Shift to Sage Perspective

Readers are guided on how to actively shift their mindset from saboteur-driven negativity to the Sage's wisdom. This involves reframing challenges, practicing empathy, and harnessing creative problem-solving. The book includes step-by-step instructions and scenarios to apply these techniques effectively.

Summary of Exercises

- Identifying and naming saboteurs during negative thought patterns
- Daily PQ reps focusing on breathing and sensory awareness
- Reframing problems from a Sage perspective
- Applying empathy and strategic calm in stressful situations

Application in Personal and Professional Life

The positive intelligence book review highlights the real-world applicability of the concepts and techniques. The framework is designed to benefit various aspects of life, including leadership, relationships, and personal growth.

Improving Leadership Skills

Leaders can use the positive intelligence approach to manage stress, improve decision-making, and foster a positive workplace culture. The book provides examples of how increased PQ correlates with enhanced emotional regulation and better team dynamics.

Enhancing Personal Relationships

By reducing saboteur-driven reactions such as judgment and impatience, individuals can cultivate more empathy and understanding in relationships. The book demonstrates how mental fitness helps in resolving conflicts and building stronger connections.

Boosting Overall Well-Being

Beyond leadership and relationships, the book asserts that higher PQ leads to greater happiness and resilience against life's challenges. The mental fitness program is positioned as a tool for sustainable emotional health and personal fulfillment.

Scientific Basis and Credibility

The positive intelligence methodology is supported by research in neuroscience, positive psychology, and cognitive behavioral therapy. The book references studies that link mindfulness and mental fitness to improved brain function and emotional regulation.

Neuroscientific Foundations

Chamine explains how saboteurs activate specific neural pathways associated with stress and negativity, while the Sage activates areas related to empathy and creativity. This neurobiological perspective underpins the exercises designed to rewire the brain toward positivity.

Psychological Research Integration

The book draws from established psychological theories, including mindfulness-based stress reduction and cognitive restructuring, to validate its techniques. This integration enhances the credibility and effectiveness of the positive intelligence program.

Limitations in Scientific Evidence

While the book presents a compelling framework, some critics note a need for more extensive peer-reviewed studies specifically validating the positive intelligence quotient metric. Nonetheless, the combination of existing research and practical results reported by readers provides a strong foundation.

Strengths and Potential Limitations

The positive intelligence book offers a structured, accessible approach to mental fitness with clear benefits. However, like any self-help methodology, it has limitations worth considering.

Strengths

- Clear identification and categorization of internal saboteurs
- Actionable exercises that promote consistent practice
- Integration of neuroscience and psychology for credibility
- Applicability across personal and professional domains
- Measurable concept of PQ to track progress

Potential Limitations

- May require sustained commitment for significant results
- Some concepts might feel abstract without coaching support
- Limited large-scale empirical validation of PQ metric
- Effectiveness can vary depending on individual differences

Frequently Asked Questions

What is the main theme of the book 'Positive Intelligence'?

The main theme of 'Positive Intelligence' by Shirzad Chamine is how to develop a positive mindset by strengthening your mental fitness to overcome self-sabotaging thoughts and behaviors.

Who is the author of 'Positive Intelligence' and what is

his background?

The author of 'Positive Intelligence' is Shirzad Chamine, a Stanford lecturer, executive coach, and former CEO, who combines neuroscience, psychology, and performance science in his work.

What are the key concepts introduced in 'Positive Intelligence'?

Key concepts include the 'Saboteurs' (negative mental patterns), the 'Sage' (positive mental power), and techniques to increase your 'Positive Intelligence Quotient' (PQ) to boost happiness and performance.

How does 'Positive Intelligence' propose to improve mental well-being?

The book proposes improving mental well-being by identifying and weakening the Saboteurs, strengthening the Sage perspective, and practicing mindfulness exercises to increase PQ.

Is 'Positive Intelligence' suitable for both personal and professional development?

Yes, 'Positive Intelligence' provides tools and insights that are applicable to both personal growth and improving professional performance, leadership, and relationships.

What makes 'Positive Intelligence' different from other self-help books?

Its unique approach lies in combining scientific research on the brain with practical mental fitness exercises, focusing on training the mind like a muscle to improve positivity and reduce negativity.

Can readers expect actionable exercises in 'Positive Intelligence'?

Yes, the book includes practical exercises and daily practices designed to help readers build their Positive Intelligence Quotient and transform their mental habits.

What are some common critiques mentioned in reviews of 'Positive Intelligence'?

Some critiques include that the book can be repetitive, the concepts may seem simplistic to some readers, and that it requires commitment to the exercises for meaningful change.

How has 'Positive Intelligence' been received by readers and experts?

The book has been well-received for its insightful blend of science and practical advice, with many readers reporting improved mental clarity and emotional resilience after applying its principles.

Additional Resources

1. *Positive Intelligence: Why Only 20% of Teams and Individuals Achieve Their True Potential and How You Can Achieve Yours*

This book by Shirzad Chamine explores the concept of Positive Intelligence (PQ), which measures the strength of your positive mental muscles versus the negative. It provides practical tools to increase your PQ, reduce self-sabotage, and improve overall happiness and performance. The book combines neuroscience, psychology, and performance science to help readers develop a more positive mindset.

2. *The Power of Now: A Guide to Spiritual Enlightenment*

Authored by Eckhart Tolle, this book emphasizes the importance of living in the present moment to achieve mental clarity and peace. It complements the ideas in Positive Intelligence by teaching how to overcome negative thought patterns and cultivate mindfulness. Readers learn to detach from the “saboteur” voices and embrace a more positive and peaceful state of mind.

3. *Mindset: The New Psychology of Success*

Carol S. Dweck's groundbreaking work discusses the difference between a fixed and a growth mindset. This book aligns with Positive Intelligence by highlighting how adopting a growth mindset fosters resilience, learning, and positivity. It provides strategies for transforming limiting beliefs and encourages embracing challenges as opportunities for growth.

4. *Emotional Intelligence: Why It Can Matter More Than IQ*

Daniel Goleman's classic book delves into the role of emotional intelligence in personal and professional success. It supports the ideas in Positive Intelligence by showing how self-awareness, self-regulation, and empathy can improve relationships and decision-making. The book offers insights into managing emotions to boost mental fitness.

5. *The Happiness Advantage: How a Positive Brain Fuels Success in Work and Life*

Shawn Achor presents scientific research demonstrating that happiness fuels success, not the other way around. This book reinforces the principles of Positive Intelligence by encouraging positive habits that enhance productivity and well-being. It offers practical exercises to rewire your brain for positivity and better performance.

6. *Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones*

James Clear's book focuses on the power of small habits to create significant change over time. It ties into Positive Intelligence by showing how incremental improvements in mindset and behavior can overcome negative patterns. The book provides actionable strategies for habit formation and maintaining positive mental habits.

7. *Dare to Lead: Brave Work. Tough Conversations. Whole Hearts.*

Brené Brown's work on leadership highlights vulnerability, courage, and empathy as keys to effective leadership. The concepts resonate with Positive Intelligence by encouraging leaders to overcome fear-based "saboteurs" and foster positive, authentic connections. It offers tools to build trust and resilience within teams.

8. *The Four Agreements: A Practical Guide to Personal Freedom*

Don Miguel Ruiz outlines four principles for creating love and happiness in life, which align with the Positive Intelligence framework. The book teaches how to avoid self-limiting beliefs and mental patterns that undermine well-being. It serves as a spiritual guide to transforming thought patterns and increasing personal freedom.

9. *Grit: The Power of Passion and Perseverance*

Angela Duckworth's research on grit emphasizes the importance of persistence and passion in achieving long-term goals. This book complements Positive Intelligence by encouraging mental toughness and resilience against setbacks. It provides inspiring stories and scientific insights on developing a positive, determined mindset.

Positive Intelligence Book Review

Find other PDF articles:

<https://test.murphyjewelers.com/archive-library-705/files?docid=gms95-6147&title=tapestry-meridian-behavioral-health.pdf>

positive intelligence book review: *Positive Intelligence* Shirzad Chamine, 2012 Chamine exposes how your mind is sabotaging you and keeping you from achieving your true potential. He shows you how to take concrete steps to unleash the vast, untapped powers of your mind.

positive intelligence book review: The Literary Digest International Book Review Clifford Smyth, 1923

positive intelligence book review: *Being Your Best Collection (6 Books) (HBR Emotional Intelligence Series)* Harvard Business Review, 2023-01-24 Manage your energy—and your mood. How to be human at work. HBR's Emotional Intelligence Series features smart, essential reading on the human side of professional life from the pages of Harvard Business Review. Each book in the series offers proven research showing how our emotions impact our work lives, practical advice for managing difficult people and situations, and inspiring essays on what it means to tend to our emotional well-being at work. Uplifting and practical, these books explore the self-awareness and well-being skills that are critical to ambitious professionals who want to sustain their energy and productivity and bring the best version of themselves to work every day—even during difficult times. This specially priced, six-volume set includes: Energy + Motivation Resilience Self-Awareness Purpose Meaning + Passion Happiness Confidence

positive intelligence book review: Studies in Intelligence ,

positive intelligence book review: *Managing Stress: Skills for Anxiety Reduction, Self-Care, and Personal Resiliency with Navigate Advantage Access* Brian Luke Seaward, 2023-12-22 Managing Stress provides a comprehensive approach to stress management, honoring the balance and harmony of the mind, body, spirit, and emotions. Referred to as the authority on stress management by students and professionals, this book equips students with the tools needed to identify and

manage stress while teaching them how to strive for health and balance. The holistic approach gently guides the reader to greater levels of mental, emotional, physical, and spiritual well-being by emphasizing the importance of mind-body-spirit unity--

positive intelligence book review: *Handbook of Research on Artificial Intelligence Applications in Literary Works and Social Media* Keikhosrokiani, Pantea, Pourya Asl, Moussa, 2022-12-30 Artificial intelligence has been utilized in a diverse range of industries as more people and businesses discover its many uses and applications. A current field of study that requires more attention, as there is much opportunity for improvement, is the use of artificial intelligence within literary works and social media analysis. The Handbook of Research on Artificial Intelligence Applications in Literary Works and Social Media presents contemporary developments in the adoption of artificial intelligence in textual analysis of literary works and social media and introduces current approaches, techniques, and practices in data science that are implemented to scrap and analyze text data. This book initiates a new multidisciplinary field that is the combination of artificial intelligence, data science, social science, literature, and social media study. Covering key topics such as opinion mining, sentiment analysis, and machine learning, this reference work is ideal for computer scientists, industry professionals, researchers, scholars, practitioners, academicians, instructors, and students.

positive intelligence book review: It'S Business, It'S Personal Saad Amanullah Khan, 2015-11-20 Its Business, Its Personal is an appropriate reminder that building a successful and sustainable business depends on many interdependent factors, not just one latest flavor of the month practice. Saad also reminds us of the vital importance of foundational values and principles guiding an organization. The book goes beyond the theory of business success but also provides very practical how to guidance. Werner Geissler, Vice Chairman of Global Operations, Procter & Gamble Mr. Saad brilliantly demonstrates the need for consumer-centric purpose as a basis for enduring business success. Equally important is his conviction that good organizational practice is rooted in a strong value system. Equipped with twenty-five years of hard-earned business experience at Procter & Gamble, the author goes beyond lofty principles and provides time-honored advice on how to turn a vision into a winning in-market execution. Peter Corijn, Vice President for the Regional Business Unit of Gillette, Procter & Gamble I was proud to have worked with Saad and found him an effective leader a most honest and dependable associate. A person I would like to work with in any assignment. Fouad Kraytem, President Middle East Africa and General Export (MEAGE), Procter & Gamble Saad has captured a treasure trove of insights from his long career at P&G. Insights that contributed to the outstanding success of the subsidiaries he was an important part of. It is almost criminal that non-P&Gers are offered the opportunity to read and learn from this book! Philippe Bovay, Vice President/General Manager , Procter & Gamble Pakistan Excellent synopsis of the entire business exercise of vision setting and its associated processes. Saad captures in tremendous detail the entire process and goes into great depth on how to drive organizational excellence without which the vision would be powerless. The key to executing this process with excellence is what I call BOF i.e. Brutal Obsession with Fundamentals. Al Rajwani, Vice President Arabian Peninsula and Pakistan, Procter & Gamble

positive intelligence book review: University Law Review , 1894

positive intelligence book review: *How to Be Happy at Work* Annie McKee, 2018-08-21 Life's too short to be unhappy at work I'm working harder than I ever have, and I don't know if it's worth it anymore. If you're a manager or leader, these words have probably run through your mind. So many of us are feeling fed up, burned out, and unhappy at work: the constant pressure and stress, the unending changes, the politics--people feel as though they can't give much more, and performance is suffering. But it's work, after all, right? Should we even expect to be fulfilled and happy at work? Yes, we should, says Annie McKee, coauthor of the bestselling *Primal Leadership*. In her new transformative book, she makes the most compelling case yet that happiness--and the full engagement that comes with it--is more important than ever in today's workplace, and she sheds new light on the powerful relationship of happiness to individual, team, and organizational success.

Based on extensive research and decades of experience with leaders, this book reveals that people must have three essential elements in order to be happy at work: A sense of purpose and the chance to contribute to something bigger than themselves A vision that is powerful and personal, creating a real sense of hope Resonant, friendly relationships With vivid and moving real-life stories, the book shows how leaders can use these powerful pillars to create and sustain happiness even when they're under pressure. By emphasizing purpose, hope, and friendships they can also ensure a healthy, positive climate for their teams and throughout the organization. How to Be Happy at Work deepens our understanding of what it means to be truly fulfilled and effective at work and provides clear, practical advice and instruction for how to get there--no matter what job you have.

positive intelligence book review: Head, Heart, and Hands Listening in Coach Practice

Kymberly Dakin-Neal, 2023-07-04 This book is an exploration of intentional listening as an essential skill for coaches. It introduces the Head, Heart, and Hands Listening model as a vital tool to amplify effective listening in coaching practice. Accessible and applicable, the book explores the three listening modalities of Head, Heart, and Hands as active, though largely unconscious, lenses that inform the potency of our listening. Dakin-Neal argues that once coaches identify how they listen, they can assist their clients in more targeted ways to positively impact their personal and professional lives. Chapters are divided into the three listening modalities, Head, Heart, and Hands, and are filled with case studies, stories, reflective questions, and exercises from the author's experience to help coaches strengthen their listening skills. The book also includes a comprehensive listening assessment for coaches to use in practice. This book is essential reading for coaches in practice and in training as well as organizational psychologists, HR professionals, and those working within corporations.

positive intelligence book review: The University Law Review , 1894

positive intelligence book review: Intelligence and the Law , 1985

positive intelligence book review: *Intelligence and the Law: Protecting intelligence sources and methods. Unauthorized disclosures. International terrorism. Technology transfer* , 1985

positive intelligence book review: Intelligence and the Law: Ch.6 Protecting intelligence sources & methods. Ch.7 Unauthorized disclosures. Ch.8 International terrorism. Ch.9 Technology transfer , 1985

positive intelligence book review: Computational Intelligence in Data Mining—Volume

1 Himansu Sekhar Behera, Durga Prasad Mohapatra, 2015-12-08 The book is a collection of high-quality peer-reviewed research papers presented in the Second International Conference on Computational Intelligence in Data Mining (ICCIDM 2015) held at Bhubaneswar, Odisha, India during 5 - 6 December 2015. The two-volume Proceedings address the difficulties and challenges for the seamless integration of two core disciplines of computer science, i.e., computational intelligence and data mining. The book addresses different methods and techniques of integration for enhancing the overall goal of data mining. The book helps to disseminate the knowledge about some innovative, active research directions in the field of data mining, machine and computational intelligence, along with some current issues and applications of related topics.

positive intelligence book review: Military Review , 2010-07

positive intelligence book review: Social Media Intelligence Wendy W. Moe, David A.

Schweidel, 2014-02-24 In the world of Facebook, Twitter and Yelp, water-cooler conversations with co-workers and backyard small talk with neighbors have moved from the physical world to the digital arena. In this new landscape, organizations ranging from Fortune 500 companies to government agencies to political campaigns continuously monitor online opinions in an effort to guide their actions. Are consumers satisfied with our product? How are our policies perceived? Do voters agree with our platform? Measuring online opinion is more complex than just reading a few posted reviews. Social media is replete with noise and chatter that can contaminate monitoring efforts. By knowing what shapes online opinions, organizations can better uncover the valuable insights hidden in the social media chatter and better inform strategy. This book can help anyone facing the challenge of making sense of social media data to move beyond the current practice of

social media monitoring to a more comprehensive use of social media intelligence.

positive intelligence book review: Worldview , 1974

positive intelligence book review: Review of Current Military Literature , 1989

positive intelligence book review: The Review of Reviews William Thomas Stead, 1896

Related to positive intelligence book review

POSITIVE Definition & Meaning - Merriam-Webster sure, certain, positive, cocksure mean having no doubt or uncertainty. sure usually stresses the subjective or intuitive feeling of assurance. certain may apply to a basing of a conclusion or

Positive Thinking: Benefits and How To Practice Positive thinking involves having an optimistic mindset while handling negative situations. It helps to practice gratitude and focus on positive content

POSITIVE | English meaning - Cambridge Dictionary POSITIVE definition: 1. full of hope and confidence, or giving cause for hope and confidence: 2. certain and without. Learn more

Positive - definition of positive by The Free Dictionary 1. characterized by or expressing certainty or affirmation: a positive answer. 2. composed of or possessing actual or specific qualities; real: a positive benefit. 3. tending to emphasize what is

positive adjective - Definition, pictures, pronunciation and usage Definition of positive adjective in Oxford Advanced Learner's Dictionary. Meaning, pronunciation, picture, example sentences, grammar, usage notes, synonyms and more

932 Synonyms & Antonyms for POSITIVE | Find 932 different ways to say POSITIVE, along with antonyms, related words, and example sentences at Thesaurus.com

POSITIVE - Definition & Translations | Collins English Dictionary If you are positive, you are hopeful and confident, and think of the good aspects of a situation rather than the bad ones

POSITIVE Synonyms: 148 Similar and Opposite Words - Merriam-Webster Some common synonyms of positive are certain, cocksure, and sure. While all these words mean "having no doubt or uncertainty," positive intensifies sureness or certainty and may imply

Science-Backed Ways to Be More Positive Every Day - Oprah Daily Are you looking for ways to be more of a positive person? Whether you're trying to be more positive at work or in relationships, these tips will train your brain to stop being so

positive - Dictionary of English showing or expressing approval or agreement; favorable: a positive reaction to the speech. consisting in or characterized by the presence or possession of distinguishing or marked

POSITIVE Definition & Meaning - Merriam-Webster sure, certain, positive, cocksure mean having no doubt or uncertainty. sure usually stresses the subjective or intuitive feeling of assurance. certain may apply to a basing of a conclusion or

Positive Thinking: Benefits and How To Practice Positive thinking involves having an optimistic mindset while handling negative situations. It helps to practice gratitude and focus on positive content

POSITIVE | English meaning - Cambridge Dictionary POSITIVE definition: 1. full of hope and confidence, or giving cause for hope and confidence: 2. certain and without. Learn more

Positive - definition of positive by The Free Dictionary 1. characterized by or expressing certainty or affirmation: a positive answer. 2. composed of or possessing actual or specific qualities; real: a positive benefit. 3. tending to emphasize what is

positive adjective - Definition, pictures, pronunciation and usage Definition of positive adjective in Oxford Advanced Learner's Dictionary. Meaning, pronunciation, picture, example sentences, grammar, usage notes, synonyms and more

932 Synonyms & Antonyms for POSITIVE | Find 932 different ways to say POSITIVE, along with antonyms, related words, and example sentences at Thesaurus.com

POSITIVE - Definition & Translations | Collins English Dictionary If you are positive, you are

hopeful and confident, and think of the good aspects of a situation rather than the bad ones

POSITIVE Synonyms: 148 Similar and Opposite Words - Merriam-Webster Some common synonyms of positive are certain, cocksure, and sure. While all these words mean "having no doubt or uncertainty," positive intensifies sureness or certainty and may imply

Science-Backed Ways to Be More Positive Every Day - Oprah Daily Are you looking for ways to be more of a positive person? Whether you're trying to be more positive at work or in relationships, these tips will train your brain to stop being so

positive - Dictionary of English showing or expressing approval or agreement; favorable: a positive reaction to the speech. consisting in or characterized by the presence or possession of distinguishing or marked

POSITIVE Definition & Meaning - Merriam-Webster sure, certain, positive, cocksure mean having no doubt or uncertainty. sure usually stresses the subjective or intuitive feeling of assurance. certain may apply to a basing of a conclusion or

Positive Thinking: Benefits and How To Practice Positive thinking involves having an optimistic mindset while handling negative situations. It helps to practice gratitude and focus on positive content

POSITIVE | English meaning - Cambridge Dictionary POSITIVE definition: 1. full of hope and confidence, or giving cause for hope and confidence: 2. certain and without. Learn more

Positive - definition of positive by The Free Dictionary 1. characterized by or expressing certainty or affirmation: a positive answer. 2. composed of or possessing actual or specific qualities; real: a positive benefit. 3. tending to emphasize what is

positive adjective - Definition, pictures, pronunciation and usage Definition of positive adjective in Oxford Advanced Learner's Dictionary. Meaning, pronunciation, picture, example sentences, grammar, usage notes, synonyms and more

932 Synonyms & Antonyms for POSITIVE | Find 932 different ways to say POSITIVE, along with antonyms, related words, and example sentences at Thesaurus.com

POSITIVE - Definition & Translations | Collins English Dictionary If you are positive, you are hopeful and confident, and think of the good aspects of a situation rather than the bad ones

POSITIVE Synonyms: 148 Similar and Opposite Words - Merriam-Webster Some common synonyms of positive are certain, cocksure, and sure. While all these words mean "having no doubt or uncertainty," positive intensifies sureness or certainty and may imply

Science-Backed Ways to Be More Positive Every Day - Oprah Daily Are you looking for ways to be more of a positive person? Whether you're trying to be more positive at work or in relationships, these tips will train your brain to stop being so

positive - Dictionary of English showing or expressing approval or agreement; favorable: a positive reaction to the speech. consisting in or characterized by the presence or possession of distinguishing or marked

Back to Home: <https://test.murphyjewelers.com>