



# The Positive Shift: Mastering Mindset to Improve Happiness, Health, and Longevity

*Catherine A. Sanderson*

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**It's the reason why spending time on Facebook makes us feel sad and lonely. Why expensive name-brand medicines provide better pain relief than the generic stuff, even if they share the same ingredients. And why a hospital room with a good view speeds up recovery from surgery.**

The truth is, the way we think about ourselves and the world around us dramatically impacts our happiness, health, how fast or slow we age, and even how long we live. In fact, people with a positive mindset about aging live on average 7.5 years longer than those without.

That might sound alarming to those of us who struggle to see the bright side, but the good news is we can make surprisingly simple changes or small shifts to how we think, feel, and act that will really pay off.

In *The Positive Shift: Mastering Mindset to Improve Happiness, Health, and Longevity*, Dr. Catherine Sanderson breaks down the science of thought and shows how our mindset—or thought pattern—exerts a substantial influence on our psychological and physical health. Most important, this book demonstrates how, no matter what our natural tendency, with practice we can make minor tweaks in our mindset that will improve the quality—and longevity—of our life.

Combining cutting-edge research from the fields of psychology, neuroscience, and medicine, as well as vivid real-world examples of the power of mindset, *The Positive Shift* gives readers practical and easy strategies for changing maladaptive thought patterns and behaviors so they can live longer, happier lives.

These behaviors include:

- **Appreciating nature**, with actions as simple as eating lunch outside
- **Giving to others**, like volunteering
- **Spending money on experiences**, not possessions

Living your best life is truly mind over matter. Believe in yourself and rethink your way to a happier reality.

## The Positive Shift: Mastering Mindset to Improve Happiness, Health, and Longevity Details

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## From Reader Review The Positive Shift: Mastering Mindset to Improve Happiness, Health, and Longevity for online ebook

**Greta (Upcloseandbookish) says**

“It’s the reason why spending time on Facebook makes us feel sad and lonely. Why expensive name-brand medicines provide better pain relief than the generic stuff, even if they share the same ingredients. And why a hospital room with a good view speeds up recovery from surgery”.

I enjoyed this book. I found it entertaining but full of practical advice also. Its message is simple and clear. Our mindset, how we view the world, has the power to affect practically everything in our lives: our health, our memory, how long we are going to live, the quality of our life and our relationships.

It is structured in 3 sections: Discovering Mindset / Understanding Mindset / Changing Mindset. Every section is then divided in small chapters but the interesting part is the take-home points at the end of each chapter. The author gives concrete and practical advice on how we can change our mindset to lead better lives.

The one thing that I found a little repetitive is the numerous studies that the author presents with a lot of details but I am sure that those will be very interesting and useful to psychology researchers, students and other writers.

I especially enjoyed the chapter on nature and her practical ideas on how to integrate more nature in our life and the chapter on money and how important it is to spend it on buying experiences and not things. I loved the concept that greater happiness is within our control by having a more positive mindset and by changing our behaviour.

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**Castles says**

I liked the fact that this book is backed up by research and is making reference to it. It's a rational approach to positivism and optimism and a nice reminder that we have the power to make ourselves happier and healthier, and it is more work than magic.

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**Holly says**

Are you a glass half-full or a glass half-empty kind of person? Us glass half-empty people, like the author of The Positive Shift, can change our mindset and become glass half-full people with the help of the strategies presented in this book.

Dr. Catherine Sanderson has written an important book with significant real-life implications — having a positive mindset can impact one’s health and longevity, not to mention one’s well-being. There can be no doubt that Dr. Sanderson has done an extensive review of the research and theories and presents this information in an easily digestible form. How well has Sanderson researched the content of this book? Approximately 68% of the book is text and 32% is footnotes (according to my kindle). Many of these notes are citations of psychological and medical journal articles. In addition, each chapter contains an average of 29 footnotes.

This book is easy to read and put into action. In fact, it is perfect for today’s short-attention spans because it

presents the information in bite-sized chunks — each chapter contains small sections with headers describing the content to follow. Sanderson explains the research studies thoroughly, by presenting the study's procedure and then the results and conclusions. Moreover, at the end of every chapter, Sanderson presents "take-home points," which succinctly provides three strategies to help you implement what was discussed in that chapter to ultimately assist you in becoming a glass half-full kind of person. Throughout the book there are short quizzes which keep the reader involved and informs them how they fit with the material being presented. Some of these quizzes evaluate your failure mindset, your stress mindset, inclination to self-criticize, and inclination to make comparisons to others.

When I first looked at *The Positive Shift*, I saw that it was divided into three sections — 1. Discovering Mindset, 2. Understanding Mindset, and 3. Changing Mindset. I must confess that I was a bit dismayed to see that I would have to read approximately 2/3 of the book before I would get to the practical advice (changing mindset). But I was mistaken. The first two sections are chock full of important strategies to change one's thinking or mindset whereas the final section deals with changing behaviors.

Sanderson shows that what we think affects our health as well as how long we live. For example, we learn that beliefs about getting older impact how long people live and how they age. A positive viewpoint leads to a happier and healthier life and focusing on what's good instead of what's bad leads to a longer life. As such, shifting your thinking to be more positive can improve the quality of your life and can lead to a longer life.

The real beauty of this book, which I didn't realize until the conclusion is that there are two different ways you can make this positive shift — through your thinking and/or through your behavior. Thus by presenting so many different strategies, *The Positive Shift* can and will help all people who are looking for a way to become happier, healthier and live longer.

Thank you to BenBella Books and NetGalley for an advanced reader copy in exchange for my honest review.

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### **Rebecca Bryant says**

This book was what I needed to read this year. I always thought of myself as a positive person but after reading this book I realized I had some negativity in my life.

What I love about this book is it isn't all rainbow and roses it is a hardcore how to implement words and action into a positive life. I like how the author gives examples and helps you to implement actions.

After reading this book I realized I needed to purge my life of negative people and thoughts that are holding me back. I have started implementing her teachings to help me in both personal, business and health. I have already begun to see improvement.

The amazing thing about this book, which I didn't realize until the conclusion is that there are two different ways you can make this positive shift — through your thinking and/or through your behavior. Thus by presenting so many different strategies, *The Positive Shift* can and will help all people who are looking for a way to become happier, healthier and live longer.

if you are looking to make a fresh start and live a more positive healthy life then this is the book you should be reading ASAP.

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## **Shelly says**

The Positive Shift is an easy read full of wonderful reminders and enforcing anecdotes on the power of positivity. Unlike many books in this genre, much of the book's discussion centers around positivity and aging. Yes, this has been done before, but not quite in the same manner. Many of us are aware that a positive mindset affects both base-levels of happiness and longevity. But did you know that it also affects our hormones? There are a lot of great reminders that context matters, as do perception and our ability to reframe stress and the labels that we use. A solid four stars.

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## **Cristie Underwood says**

Honest and in-depth advice for reaching your full potential. This advice is presented in easy to follow language that can be broken up and applied in pieces at a time.

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## **Shannon Rochester says**

Thank you to Netgalley for the free copy in return for an honest review.

For the past twelve years or so, I have considered myself a positive person for the most part. I haven't always been that way and after living in some big cities, I started losing some of my positive mindset. So I thought this would be a great book to help me get back to where I was. And it really was a good start. It reminded me about the power of positive thinking and the fake it till you make it mentality. There were a couple of parts that seemed a little too much like a textbook but I really enjoyed reading about all of the studies done on positivity and how much it can help the rest of your life. We can't always do much about what happens to us but we are totally in charge of how we react to it. So why not become a more positive person and reap the benefits that can happen from making that change?

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## **Meghan says**

I received this book as an ARC from BenBella Books in exchange for an honest review. Opinions and thoughts expressed in this review are completely my own.

Another popular topic that is in high demand at our library is self-help and happiness. Those fly off our shelves like crazy. The positive shift really took a powerful concept and presented it in a way that was unique and different. Catherine Sanderson talks a lot about optimism in seeing the goodness of every situation and the good in every environment including online on Facebook and Instagram. Your mind is a very powerful asset if you let it be and Catherine Sanderson displayed very insightful and helpful research that really painted the whole picture on focusing your mindset on the positive side.

We will consider adding this title to our Self-Help Non-Fiction collection at our library. That is why we give this book 5 stars.

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## **Katarina says**

\*I received a free eBook copy from Netgalley in return for my honest review\*

This book summarizes and analyzes the results of scientific studies on various topics that are related to happiness and health. The author herself is not full of unicorns and rainbows, and clearly states so. Coming from a more pessimistic personality, she provides concrete advice and useful evidence for ways to work on shifting your perspective to be more positive. Recently having been through some negative times, I found this book to be very helpful. The only thing that detracted from my enjoyment of the book at times was that sometimes I thought there were too many summaries of scientific studies used to illustrate a point. But perhaps that is helpful for others.

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