

Your Positive Thinking Could Be Holding You Back

November 07, 2014

New York Magazine:

The notion that simply imagining our deepest wishes coming true will help us attain them is everywhere these days. Best-selling books like *The Secret* and *Chicken Soup for the Soul* teach us that we can make good things happen just by thinking positively, and that positive thinkers are “healthier, more active, more productive — and held in higher regard by those around them.”

Advertisers, politicians, and economists all put a premium on the importance of being happy and optimistic; financial markets rise and fall on whether or not people seem hopeful. Popular music celebrates the ability of dreaming and dreamers to save the world. We’re also warned from a young age and at every subsequent turn to rid ourselves of harmful “negative self-talk” or to “get out of the hole of negative thinking” if we want to succeed in life. An inspiring message posted on the wall of a Manhattan middle school exhorts kids to “Reach for the moon; even if you miss, you’ll land among the stars.”

Read the whole story: [New York Magazine](#)