



# The Power of a New Attitude

*Alan E. Nelson*

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## **The Power of a New Attitude** Alan E. Nelson

When you want so much to succeed, why are you often disappointed?

If your heart's in the right place, why do you keep getting hurt?

You may be your own worst enemy--without even knowing it.

The good news is you can make positive changes to improve your life.

Dr. Alan E. Nelson counsels people every year to help them recognize the behaviors and attitudes that defeat them. *The Power of a New Attitude* explores nineteen of the most common "behavitudes"--behaviors that stem from wrong attitudes--and helps you evaluate your own life to identify and change self-defeating behaviors. With this book's helpful insights, you can achieve your goals and live the successful life you long for.

"Like the fairy tale suggests, the 'mirror, mirror on the wall' shows us the face of our enemy. . . . We defeat ourselves far more than we are defeated by external circumstances."--from the foreword by John C. Maxwell

Dr. Alan E. Nelson is a pastor, a speaker, and the author of several books. He holds a graduate degree in psychology and communication and a doctorate in leadership. Visit Dr. Nelson at [www.alanenelson.com](http://www.alanenelson.com).

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