



Focus on the Good Stuff: The Power of Appreciation

Mike Robbins

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Written by a former professional baseball player whose career was ended with an injury to his pitching arm in the middle of his third season, *Focus on the Good Stuff* is filled with passion, authenticity, and humor. Author Mike Robbins offers a step-by-step program with exercises for overcoming negative influence and obstacles, creating a truly grateful approach to life, and establishing an environment that can support success and peace of mind.

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