



Is Your Glass Half Full?: A Journey of Self-Discovery and a Blueprint for Your Future

Tracy Russek

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In today's world, we are bombarded by negative situations such as war, poverty, and disease. When we allow this negativity to permeate our consciousness, it's difficult to think positively about life. We can't change the world, but we can change how we view it and how it affects us—our behavior, our success, and our contentment.

In *Is Your Glass Half Full?* author Tracy Russek provides a guidebook to help you explore who you are and help you think more positively about yourself. She presents the research and theories of Ivan Pavlov, Sigmund Freud, Erik Erikson, B. F. Skinner, and Albert Bandura, and she shows how the study of human behavior can be easily applied to various life situations to turn negatives into positives.

Is Your Glass Half Full? guides you through a series of exercises to help you become more aware of the choices you make and the behavior you display in your interactions with the world. Discover your own uniqueness and worth, and understand that you deserve satisfaction and contentment. You can learn to see the glass as half full.

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