



# Pacific Book Review

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## Pacific Book Review

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**Title:** Mastering Negative Impulsive Thoughts: Secrets for a Longer, Happier Life!

**Author:** Dr. John and Elizabeth McIntosh

**Publisher:** Dr. John and Elizabeth McIntosh; 1 edition

**ISBN-13:** 978-0992429003

**Page Count:** 280

**Genre:** Self-Improvement/Non-Fiction/Psychology

**Reviewed by:** Lisa Brown-Gilbert, Pacific Book Review

**Rating:** 4 out of 5 Stars

## Book Review

Everybody knows what negative thoughts are, they are those unhappy unhealthy thoughts we all eventually have that come uncontrollably careening into your conscious mind, wreaking havoc on your confidence, and your health. However, those negative impulsive thoughts are more than just a mere lack of confidence or an inability to think positively. The causes and effects run much more deeply and there is a way to analyze, control, and eliminate them according to co-authors Dr. John and Elizabeth McIntosh in their book *Mastering Negative Impulsive Thoughts: Secrets for a Longer, Happier Life*.

Both authors are experts in their fields of knowledge; Dr. John McIntosh is a proclaimed “Medical Guru” with over thirty years in medical practice and Elizabeth McIntosh is known as a “positivity expert” based on her many years of experience in metaphysics, yoga, hypnotherapy, and many other fields of endeavor. Within this book, the two employ a unique combination of conventional medical expertise, metaphysical principles, and life experience, which produced a fascinating work that is comprehensive in its scope as well as thought provoking.

The authors creatively assert a particular analogy that compares Negative Impulsive Thoughts to nits (also known as head lice). They exemplify the destructive nature of Negative Impulsive Thoughts by demonstrating the similarities between suffering from head lice and the effects of negative thoughts. Interesting and uncomplicated, this singular analogy is substantiated by virtue of illustration and real life anecdotes demonstrating how nits can cause discomfort and affects us in unhealthy ways.

The main premise of the book posits that instead of becoming victimized by these negative impulsive thoughts, whether stemming from yourself or other sources, you can take control. When a negative thought occurs, you assess the thought, with three specific questions, which in turn help you sort out the unimportant “trash” thoughts and eliminate them. What I found particularly enlightening is the “take on” factors we are exposed to daily, that help perpetuate negative thoughts like the media particularly the news. I also found the premise that all our negative thoughts are somehow fear based to be a mind opening and important insight.

*Mastering NITs* was a gratifying read, that was innovative comprehensible, inspiring, and convincing. This articulate book provides readers with a comprehensive view on the insightful principles set forth while providing the process to utilize to start mastering your thoughts. In addition, the included exercises were simple to try and provided the opportunity to experience the applied fundamentals quickly. I also found that there were several “aha” moments as I experienced many moments of truth filled realizations. This was an amazing read and I definitely recommend reading this book for those looking to change their lives for the better by Mastering their Negative Impulsive Thoughts.