



Rasheda Khatun is writing a book detailing her experience being diagnosed with and recovering from Hodgkin's lymphoma. Jeffrey E Biteng / The National

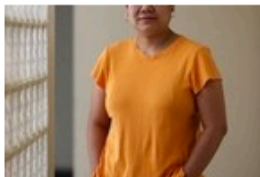
The power of positive thinking

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Rasheda Khatun was 26 when she was struck down with Hodgkin's lymphoma and told she had between six weeks and six months to live. But her doctors were amazed when she staged a full recovery within a year, which she puts down to her positive mental attitude.

"I'd always been healthy up until then so it came as a complete shock. I do believe the reason I'm here today is completely because of my positive mental attitude – it was definitely a huge part of my healing process. At the time, I thought if I do have six weeks to live, I'm going to make sure I enjoy every single day," says the 32-year-old British Dubai resident.

"If positive thinking can physically heal your body, imagine what else it can do. It's a power each one of us possesses. It can heal your career, your wealth situation, any part of your life. If you apply a positive mental attitude to the workplace, the sky's the limit of what you can achieve."

Six years on, Ms Khatun is currently writing a book based on her experience. The financial planner is also a health and wellness coach and often advises her clients on how they too can harness the powers of positive thinking to become more successful.

"If, for example, one of my clients is having their salary reviewed, most people become very anxious about it and start to doubt themselves – so the control of the meeting is rigged by the employer. But when you go in with a positive mental attitude, you go in knowing what you want, fully prepared, knowing the outcome will be positive," explains Ms Khatun.

"You can make it about an opportunity for you to get what you want. When you're negative, you don't see the learning. It means positive people move up the scale quicker – the most successful people on the planet have all been bankrupt, but they get up, dust themselves off and keep going, whereas those who are miserable will tell their story with self-pity. For me, the more positive I am, the more successful I've become in my career."

Someone else who believes firmly in the powers of a positive mental attitude is Anita Papas, a clinical psychologist with a private practice in Beirut. Ms Papas has written three books espousing the virtues of positive thinking; *The Positive You*, *The Positive Us*, and *Go for It* and recently appeared at the Emirates Literature Festival to present a workshop, "Discovering the Positives".