



OpenLife by *Cactus' Air-Class*

Positive Mental Attitude

正向思考態度

前言

1. 正向思考态度 (PMA) 是 Napoleon Hill(拿破仑·希尔)于 1937 年在《Think and Grow Rich(思考致富)》一书中**首次提出的概念**。拿破仑希尔将积极的心理态度定义为由信念、正直、希望、乐观、勇气、主动、慷慨、宽容、机智、仁慈和良好等常识词语代表成“加分”质量。本课程根据拿破仑希尔的概念而成。

正向思考态度（以下稱 PMA）是一种哲学，它主张在生活中的每种情况下都保持乐观的态度，这会吸引正向的人生变化，并增加成就机会。无论情况如何，PMA 都会保持这

所有成就，一切的財富，皆來自
於一個意念。

— 拿破崙·希爾 (Napoleon Hill) —

样一种心态，即不断寻求、发现并执行成效的方法，或找到理想的结果。这一概念与消极、失败主义和绝望相反。



乐观和希望对于 PMA 的人生发展至关重要。

正向思考态度(PMA) 是一种在小快乐中找到大快乐的可实践哲学，毫不犹豫地





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生活，不隐藏我们最珍惜、最受尊重、最高的个人美德和个人价值观。

实证研究表明，进行正向的自我对话，并保持正念的人往往表现出更强的自制力和韧性，这对于个人和职业成长至关重要，凸显了自我调节和正念在培养正向思考态度方面的重要性。此外，领导策略研究表明，正向思考态度，以积极主动的方式应对个人和组织挑战，可以显著提高领导效能和领导角色的成功。

2. 思想态度在当代社会的重要性

当世界加速崩塌时，我们如何重建内心的秩序？
正向思考态度在破碎时代的救赎力量？

幕后策划者 Napoleon Hill 的非凡生活和智慧 成功和个人成长的永恒原则



拿破仑山

拿破仑·希尔 (Napoleon Hill) 是个人发展领域的著名作家、演说家和先驱。

希尔于 1883 年出生在弗吉尼亚州的一个小木屋里，后来撰写了有史以来最畅销的自助书籍之一《思考致富》。

他毕生致力于理解和分享**成功的原则**，对数百万人的生活产生了持久的影响。

在本文中，我们将探讨拿破仑·希尔的生平、他的作品和他留下的遗产。

01 早年生活和教育

拿破仑·希尔 (Napoleon Hill) 出生在弗吉尼亚州阿巴拉契亚地区的一个单间小屋中，家境贫寒。母亲去世后，他的父亲再婚，他的继母在塑造他的性格和价值观念方面发挥了重要作用。13 岁时，Hill 开始在当地报纸担任**记者**，用他的收入来资助他的法律学习。然而，由于经济拮据，他最终不得不放弃学业。

02 认识安德鲁·卡内基

1908 年，拿破仑·希尔与实业家和慈善家**安德鲁·卡内基 (Andrew Carnegie)** 发生了一次改变人生的邂逅。希尔的坚韧和好奇心给他留下了深刻的印象，卡内基委托他采访了 500 多名成功人士，并提炼了他们成就背后的原则。这 20 年的努力成为希尔的毕生事业奠定了基础，导致 1928 年出版了《成功法则》，后来又于 1937 年出版了《思考致富》。

03 主要作品

1. **成功法则 (1928)**：希尔的第一部重要著作概述了他通过研究确定的 16 条成功原则。这本书立即成为畅销书，为未来的出版物铺平了道路。
2. **思考致富 (1937)**：希尔最著名的著作得他的发现提炼成 13 条原则，重点关注**心灵的力量和积极思考**。这本书已售出超过 1 亿册，仍然是个人发展文学的基石。
3. **How to Sell Your Way Through Life (1939)**：这本书提供了关于推销技巧和沟通技巧的实用建议，重点是建立关系和理解人类心理学。
4. **通过积极的心态取得成功 (与 W. Clement Stone 合著) (1960 年)**：Hill 和 Stone 强调了培养积极心态的重要性及其对取得成功的影响。
5. **你可以创造自己的命运 (1971)**：这本书在他去世后出版，探讨了个人权力的概念以及个人可以通过决心和自信塑造自己命运的想法。

04 拿破仑·希尔的遗产

拿破仑·希尔的教导对个人发展领域产生了深远而持久的影响。他的作品已被翻译成多种语言，覆盖**全球数百万读者**。他的成功原则影响了无数企业家、领导者和思想家，包括**托尼·罗宾斯、布莱恩·特雷西和尼尔·马丁·格伦**。

拿破仑·希尔基金会成立于 1962 年，继续推广他的教义并保护他的遗产。该基金会提供奖学金、教育材料和个人发展计划，确保 Hill 的智慧继续激励后代。

05 结论

拿破仑·希尔的人生故事证明了**毅力和对梦想的不懈追求**的变革力量。

从他卑微的出身到最终成为个人发展领域的成功，Hill 的旅程体现了他一生所倡导的原则。

他的作品，尤其是“Think and Grow Rich”继续影响着无数人的生活，激励人们**发挥自己的潜力并开辟自己的成功之路**。





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Positive Mental Attitude

正向思考態度

二十一世纪的人类正站在文明史的十字路口。我们手握前所未有的技术霸权，却深陷精神的荒原；我们创造了连接全球的社交网络，却让孤独成为流行病；我们征服了太空与基因密码，却被焦虑与虚无感吞噬。世界卫生组织的报告冰冷地昭示：全球抑郁症患者在过去十年激增 20%，自杀率在 15-29 岁群体中跃升为第二大死因。这不仅是医学危机，更是一场集体性的意义瓦解 - 当人类在物质丰裕中迷失方向，PMA 已从“心灵鸡汤”升格为文明存续的刚需。

3. 解构现代性的精神困境

当代社会的悖论性创伤，根植于多重维度的结构性撕裂。

认知超载与注意力瘫痪：数字原住民每日接收的信息量相当于中世纪人一生的总和，但碎片化信息洪流摧毁了深度思考的能力。斯坦福大学研究发现，Z 世代平均专注时长已从 2000 年的 12 秒骤降至 8 秒，低于金鱼的 9 秒。当大脑沦为算法的跑马场，消极思维如同病毒般在神经回路中自我复制。

4. 意义感蒸发与存在性焦

消费主义将人生简化为永无止境的欲望竞赛，但元宇宙与 AI 革命正在消解传统价值坐标。当 TikTok 网红取代哲学家成为年轻人的精神导师，当“躺平”“安静离职”演变为全球现象，折射出的正是存在意义的系统性缺氧。





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Positive Mental Attitude

正向思考態度

5. 社会原子化与信任崩坏

政治极化、民粹崛起与社交媒体回声效应，将人类割裂成互相敌视的认知部落。皮尤研究中心数据显示，62%的美国人认为“多数人不可信任”，较 1970 年代上升 37 个百分点。当猜忌成为默认设置，集体潜意识正滑向霍布斯式的“所有人对所有人战争”。

6. 正向心理学(Positive Psychology)的神经革命

在如此背景下，重塑正向思考态度绝非心灵按摩式的自我欺骗，而是基于脑科学的行为革命。神经可塑性研究证实：持续的正向思维能物理性重塑前额叶皮层，增强情绪调节能力。哈佛医学院实验显示，每天进行 20 分钟感恩日记书写，六周后参与者杏仁核（恐惧中枢）活跃度降低 19%，而多巴胺受体密度提升 14%。这意味正向心态是可编程的神经肌肉 - 正如运动员锻炼肢体般可被系统训练。

更具颠覆性的是，量子物理视角为正向心态提供了宇宙论背书。日本江本胜博士的水结晶实验（尽管存在学术争议）提示：正向语言能改变物质结构。若将思想视为能量振动频率，则正向思维可能实质影响现实世界的概率波坍缩方向。这种假说虽需更多实证，却为“境由心造”的古老智慧打开了科学叙事的可能性。





OpenLife *by Cactus' Air-Class*

Positive Mental Attitude

正向思考態度

7. 从自救到共治：正向思维的公共价值

在宏观层面，集体心理状态正成为国家竞争力的新维度。世界银行 2023 年报告指出：国民幸福指数每提升 1 点，GDP 增长率相应提高 0.47%。新加坡政府将“心理韧性”纳入国家战略，芬兰中小学开设“失败教育”课程，皆昭示正向心态已从个人修养升维至社会治理工程。

更重要的是，在气候危机与 AI 伦理等生存级挑战前，人类的反应机制面临终极测试。宾夕法尼亚大学模拟预测：若全球悲观情绪指数上升 10%，气候行动拖延风险将放大 3 倍。唯有培育审慎乐观的思维范式，才能避免陷入“末日情结”的瘫痪状态，在危机中锻造出创造性的突围路径。



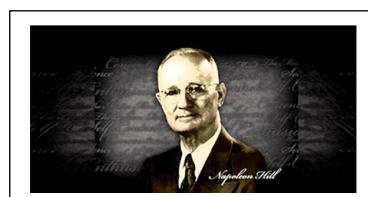


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Positive Mental Attitude

正向思考態度

Preface



1. **Positive Thinking Attitude (PMA)** is a concept first proposed by **Napoleon Hill** in his book *Think and Grow Rich* in 1937. Napoleon Hill defined positive mental attitude as a "plus" quality represented by common sense words such as belief, integrity, hope, optimism, courage, initiative, generosity, tolerance, wit, kindness and goodness. This course is based on Napoleon Hill's concept.

All achievements, all wealth,
come from your mind.

-- 拿破崙·希爾 (Napoleon Hill) --

Positive Thinking Attitude (PMA) is a philosophy that advocates maintaining an optimistic attitude in every situation in life, which will attract positive life changes and increase opportunities for achievement. Regardless of the situation, PMA maintains a mindset that constantly seeks, discovers and implements effective methods or finds the desired results. This concept is the opposite of negativity, defeatism and despair.

Optimism and hope are essential to the development of PMA in life.





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Positive Mental Attitude

正向思考態度

Positive Thinking Attitude

(PMA) is a practical philosophy of finding great joy in small pleasures, living without hesitation and without hiding our most cherished, respected, and highest personal virtues and personal values.

Empirical research shows that people who engage in positive self-talk and maintain mindfulness tend to show greater self-control and resilience, which is essential and professional growth, highlighting the importance of self-regulation and

Discover the remarkable life and wisdom of **Napoleon Hill**, the mastermind behind timeless principles for success and personal growth.



Napoleon Hill

Napoleon Hill is a renowned author, speaker, and pioneer in the field of personal development.

Born in 1883 in a small cabin in Virginia, Hill went on to author one of the best-selling self-help books of all time, **"Think and Grow Rich"**.

He dedicated his life to understanding and sharing the **principles of success**, leaving a lasting impact on millions of lives.

In this article, we will explore Napoleon Hill's life, his works, and the legacy he left behind.

01 Early Life and Education

Napoleon Hill was born into poverty in a one-room cabin in the Appalachian region of Virginia.

After the death of his mother, his father remarried, and his stepmother played a significant role in shaping his character and values.

At the age of 13, Hill began **working as a reporter** for local newspapers, using his earnings to finance his law studies.

However, he eventually had to abandon his studies due to financial constraints.

02 Meeting Andrew Carnegie

In 1908, Napoleon Hill had a life-changing encounter with the industrialist and philanthropist **Andrew Carnegie**.

Impressed by Hill's tenacity and curiosity, Carnegie commissioned him to interview over **500 successful individuals** and distill the principles behind their achievements. This 20-year endeavor laid the foundation for Hill's life work, leading to the publication of **"The Law of Success"** in 1928 and later **"Think and Grow Rich"** in 1937.

03 Major Works

1. **The Law of Success (1928)**: Hill's first major work outlined the 16 success principles he had identified through his research. The book became an instant bestseller, paving the way for future publications.

2. **Think and Grow Rich (1937)**: Hill's most famous work distilled his findings into 13 principles, focusing on the **power of the mind** and **positive thinking**. The book has sold over **100 million copies** and remains a cornerstone of personal development literature.

3. **How to Sell Your Way Through Life (1929)**: This book offered practical advice on salesmanship and communication skills, with a focus on building relationships and understanding human psychology.

4. **Success Through a Positive Mental Attitude** (co-authored with W. Clement Stone) (1960): Hill and Stone emphasized the importance of cultivating a positive mental attitude and its impact on achieving success.

5. **You Can Work Your Own Miracles (1971)**: Published posthumously, this book explored the concept of personal power and the idea that individuals can shape their own destiny through determination and self-belief.

04 The Legacy of Napoleon Hill

Napoleon Hill's teachings have had a profound and lasting impact on the field of personal development.

His works have been translated into multiple languages, reaching **millions of readers worldwide**.

His principles of success have influenced countless entrepreneurs, leaders, and thinkers, including **Tony Robbins, Brian Tracy, and Earl Nightingale**.

The **Napoleon Hill Foundation**, established in 1962, continues to promote his teachings and preserve his legacy.

The foundation provides scholarships, educational materials, and personal development programs, ensuring that Hill's wisdom continues to inspire future generations.

05 Conclusion

Napoleon Hill's life story is a testament to the transformative **power of perseverance** and the relentless pursuit of one's dreams.

From his humble beginnings to his eventual success as a personal development icon, Hill's journey exemplifies the principles he championed throughout his life.

His works, particularly **"Think and Grow Rich"**, continue to impact countless lives, inspiring individuals to **embrace their potential** and forge their own paths to success.





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Positive Mental Attitude

正向思考態度

mindfulness in cultivating positive thinking attitudes.

In addition, leadership strategy research shows that positive thinking attitudes, responding to personal and organizational challenges in a proactive manner, can significantly improve leadership effectiveness and success in leadership roles.

2. The importance of thinking attitudes in contemporary society

When the world is collapsing at an accelerated pace, how do we rebuild our inner order?

The redemptive power of positive thinking attitudes in a broken era?

Human beings in the 21st century are standing at the crossroads of civilization history. We hold unprecedented technological hegemony, but are trapped in a spiritual wasteland; we have created a social network that connects the world, but loneliness has become an epidemic; we have conquered space and genetic codes, but are swallowed by anxiety and a sense of nothingness. The World Health Organization's report coldly stated: the number of people suffering from depression worldwide has surged by 20% in the past decade, and the suicide rate has jumped to become the second leading cause of death among the 15-29 age group. This is not only a medical crisis, but also a collective collapse of





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Positive Mental Attitude

正向思考態度

meaning – when humans lose their way in material abundance, PMA has been upgraded from "chicken soup for the soul" to a rigid need for the survival of civilization.

3. Deconstructing the spiritual dilemma of modernity

The paradoxical trauma of contemporary society is rooted in structural rifts in multiple dimensions.

Cognitive overload and attention paralysis: The amount of information received by digital natives every day is equivalent to the sum of a medieval person's lifetime, but the torrent of fragmented information destroys the ability to think deeply. A Stanford University study found that the average concentration time of Generation Z has dropped sharply from 12 seconds in 2000 to 8 seconds, which is lower than the 9 seconds of goldfish. When the brain becomes a racetrack for algorithms, negative thinking replicates itself in neural circuits like a virus.

4. Evaporation of sense of meaning and existential anxiety

Consumerism simplifies life into an endless competition of desires, but the metaverse and AI revolution are dissolving traditional value coordinates. When TikTok influencers replace philosophers as spiritual





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Positive Mental Attitude

正向思考態度

mentors for young people, and when "lying down" and "quietly leaving" become global phenomena, it reflects the systematic lack of oxygen in the meaning of existence.

5. Social atomization and trust collapse

Political polarization, the rise of populism and the echo effect of social media have divided humans into mutually hostile cognitive tribes. According to the Pew Research Center, 62% of Americans believe that "most people cannot be trusted", an increase of 37 percentage points from the 1970s. When suspicion becomes the default setting, the collective subconscious is sliding towards a Hobbesian "war of all against all".

6. The neurological revolution of positive psychology

Against such a background, reshaping a positive thinking attitude is by no means a self-deception of the mind massage, but a behavioral revolution based on brain science. Neuroplasticity research has confirmed that continuous positive thinking can physically reshape the prefrontal cortex and enhance the ability to regulate emotions. An experiment at Harvard Medical School showed that after writing a





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Positive Mental Attitude

正向思考態度

gratitude diary for 20 minutes a day, the activity of the amygdala (fear center) of participants decreased by 19% after six weeks, while the density of dopamine receptors increased by 14%. This means that positive mindset is a programmable neuromuscle - it can be systematically trained just like athletes train their limbs.

Even more subversive is that the quantum physics perspective provides cosmological endorsement for positive mindset. Dr. Masaru Emoto's water crystallization experiment in Japan (although there is academic controversy) suggests that positive language can change the structure of matter. If thoughts are regarded as energy vibration frequencies, positive thinking may actually affect the direction of probability wave collapse in the real world. Although this hypothesis requires more empirical evidence, it opens up the possibility of scientific narrative for the ancient wisdom of "the environment is created by the mind".

7. From self-help to co-governance: the public value of positive thinking

At the macro level, collective psychological state is becoming a new dimension of national competitiveness. The World Bank's 2023 report pointed out that for every 1 point increase in the National Happiness





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Positive Mental Attitude

正向思考態度

Index, the GDP growth rate will increase by 0.47%. The Singapore government has incorporated "psychological resilience" into its national strategy, and Finland's primary and secondary schools have opened "failure education" courses, which all indicate that positive mindset has been upgraded from personal cultivation to social governance projects.

More importantly, in the face of survival-level challenges such as climate crisis and AI ethics, human response mechanisms face the ultimate test. The University of Pennsylvania simulated and predicted that if the global pessimism index rises by 10%, the risk of delaying climate action will increase by 3 times. Only by cultivating a cautious and optimistic thinking paradigm can we avoid falling into the paralysis of "doomsday complex" and forge a creative breakthrough path in the crisis.

