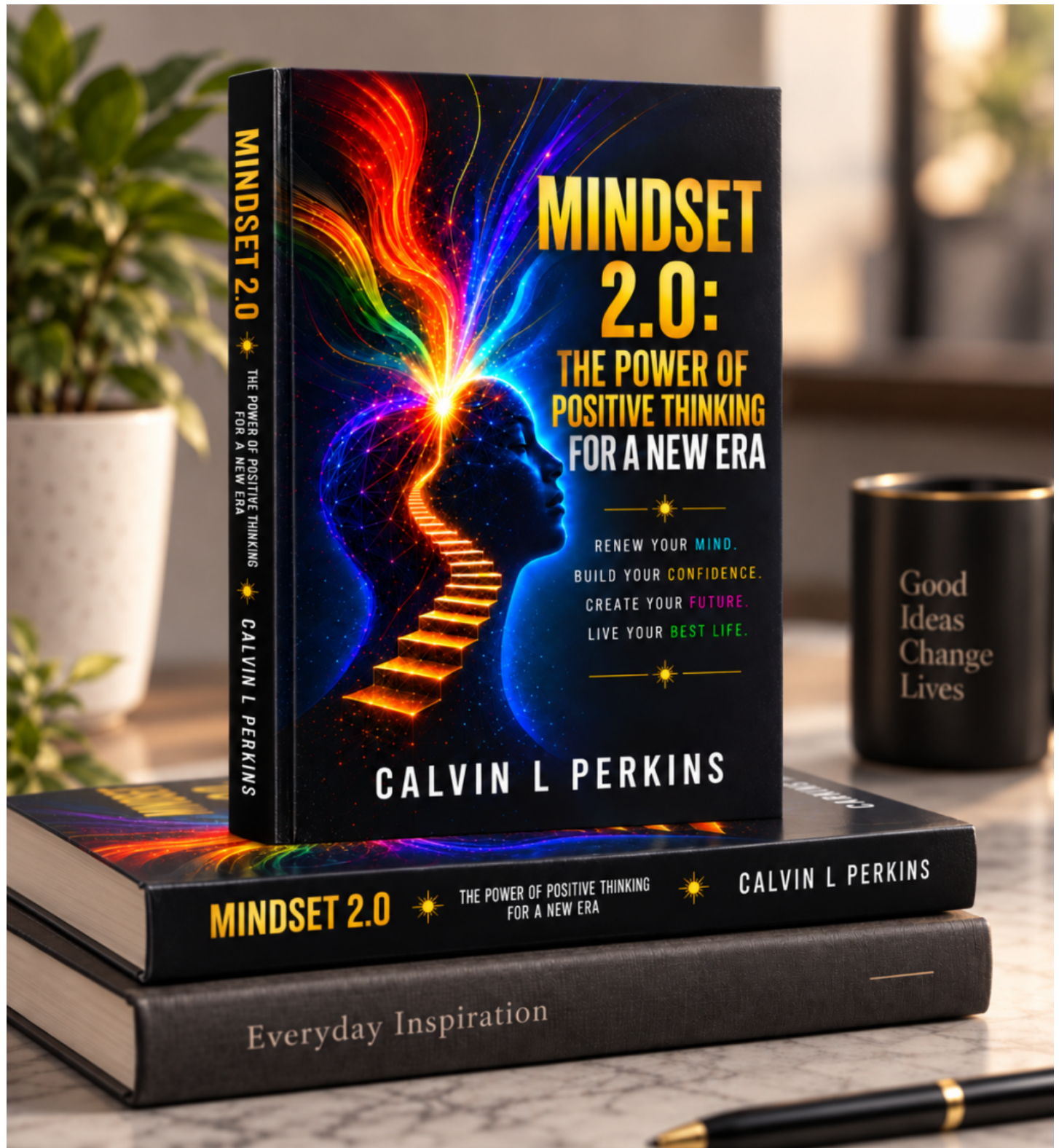


Upcoming Book "Mindset 2.0" Reframes Positive Thinking for the Challenges of the Modern Era

Calvin L. Perkins' forthcoming book will help readers navigate digital burnout, anxiety, and modern pressure.



Los Angeles, California Sep 22, 2026 ([IssueWire.com](https://www.issuewire.com)) - In an age dominated by digital noise, economic volatility, and information fatigue, traditional “feel-good” optimism may no longer provide an adequate framework for navigating modern stress. In his forthcoming book, *Mindset 2.0: The Power of Positive Thinking for a New Era*, author Calvin L. Perkins will present an operational, cognitive blueprint designed to help readers build resilience, maintain focus, and pursue meaningful personal breakthroughs.

Scheduled for future publication by Bolton Book Publishers, *Mindset 2.0* will revisit foundational principles of positive thinking and adapt them for the realities of contemporary life. While 20th-century classics introduced generations of readers to the value of optimism, Perkins seeks to move beyond passive positive thinking toward an actionable methodology suited to today’s cultural and psychological landscape.

The forthcoming book will address modern challenges including self-doubt, career transitions, digital burnout, and cognitive overload with clarity, compassion, and discipline.

“Positive thinking is not about pretending challenges do not exist,” says Perkins. “It is about constructing an internal framework robust enough to maintain agency, focus, and purposeful momentum regardless of external chaos. In the 21st century, mindset is not merely an attitude—it is a discipline.”

Key Insights to Be Explored in *Mindset 2.0*

From Passive Wish to Cognitive Armor

Readers will explore how to move from simply hoping for positive outcomes toward actively developing psychological endurance and mental resilience.

Defeating Digital Burnout

Perkins will examine practical routines designed to help protect mental clarity from continuous algorithmic distraction, social media cynicism, and information overload.

Conquering Imposter Syndrome

The book will offer practical tools for challenging self-limiting narratives during important personal and professional transitions.

Intergenerational Resilience

Drawing upon perseverance, community heritage, and established wisdom, Perkins will explore how individuals can build resilience while creating a lasting personal legacy.

Mindset 2.0: The Power of Positive Thinking for a New Era is scheduled for an upcoming release through Bolton Book Publishers. Upon publication, the book is expected to be available in paperback and digital formats through major booksellers and distribution platforms.

About the Author

Calvin L. Perkins is an accomplished author, broadcaster, and cultural storyteller with decades of experience in media and public communication. Renowned for insightful commentary and community

engagement, Perkins brings wisdom, practical structure, and a transformative perspective to contemporary personal development.

Through his forthcoming book, *Mindset 2.0*, Perkins will offer readers a contemporary approach to positive thinking—one focused not simply on optimism, but on developing the mindset, discipline, and resilience needed to navigate an increasingly complex world.

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