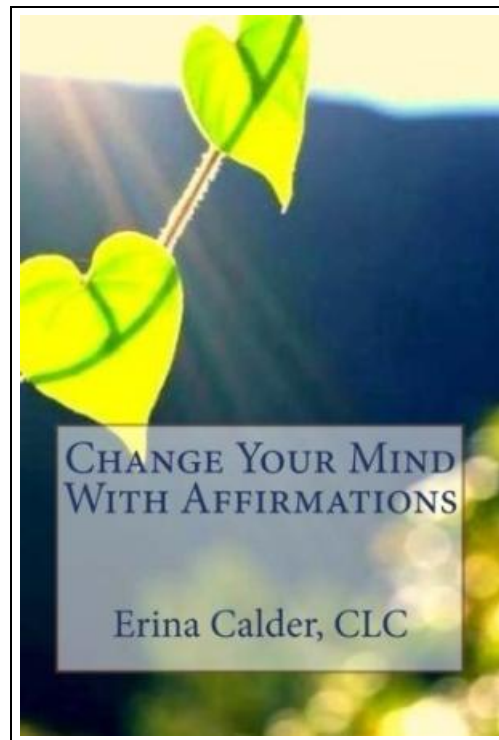


Change Your Mind With Affirmations



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Reviews

If you need to adding benefit, a must buy book. It can be writter in straightforward words and phrases and never difficult to understand. I realized this ebook from my dad and i advised this ebook to learn.

(Zula Hayes)

CHANGE YOUR MIND WITH AFFIRMATIONS



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CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 46 pages. Dimensions: 9.0in. x 6.0in. x 0.1in. What if you could quickly change the thoughts and feelings that negatively impact you? In *Change Your Mind With Affirmations*, Life Coach Erina Calder explains a way to easily do just this. Using intentional, personalized and targeted affirmations, you can have an immediate and long term effect on your feelings, actions and overall results. Affirmations have been around for a long time. *Change Your Mind With Affirmations* outlines a simple four step process of using your most negative thoughts and beliefs to effectively and powerfully change the way you feel. In this short, easy to read volume you will learn; 1. Why we should use affirmations 2. How affirmations work to make you feel better 3. Where and When to do affirmations 4. A Four Step Process to creating personalized powerful affirmations that directly address your exact issues 5. Creative ways of presenting affirmations to yourself. Life Coaching is a guided practice of self-discovery which can transform every area of your life. Affirmations are one powerful life coaching tool that can help you in every area, including; Money Finances Business Memory Health and Wellness Healing Faith Spirituality Happiness Creativity Parenting Love Life Sex and Virility Passion Drive and Ambition Confidence and Courage Sleeping and Dreaming Public Speaking Finding your Voice Friendships. Affirmations are simply thoughts that you affirm to yourself. However, affirmations written by other people are often not effective to create change to your particular mindset. The four step process outlined in this book is designed to help you find the thoughts that are troubling you most and directly address them. Erina Calder is the founder of A Comfortable Mind, LLC, a Life Coaching practice centered Chagrin Falls,...



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