

Positive Affirmations 365 Affirmations For 2016 Affirmations For Success Happiness Good Health Sleep Women Men Kids Teen Inner Child

The influence of affirmations not only centers your mind and spirit, but it also grants you the strength necessary to face any challenge that may arise. How we view our relationship with ourselves starts with a simple belief in who we are and what we can become. Positive thinking channels your energies, focusing on stronger mindsets that awaken inner truths we often forget. 'Daily Affirmations for Women: 365 Days of Positive, Empowering & Inspirational Affirmations to Support Growth and Recovery' is a compilation of affirmations that will provide the encouragement and motivation to handle any situation. There has never been a more appropriate time in modern history where we require strength, intelligence, and positivity.??

365 Daily Affirmations: A Collection of Inspiring and Guiding Messages, is a beautiful compilation of simple daily affirmations that sets a motivating attitude for the day by slowly absorbing the positive message into the consciousness. Through this volume of inspiring phrases, each powerful sentence of the day offers an affirmative message that can be recited out aloud or internalised either in the order as they appear within the book or by opening any page at random to provide greater personal power for every day of the year. 365 Daily Affirmations is the perfect gift for those you cherish, including yourself, or for anyone in search for an uplifting message.

Transform your thoughts and find the confidence to navigate your teen years with positive thinking Being a teen can be an emotional roller coaster. When you're overwhelmed by unrealistic expectations from your friends, family, social media feed, teachers, and even yourself, it's normal to have thoughts and feelings like This is too hard or I'll never measure up. With A Year of Positive Thinking for Teens, you'll discover how to overcome these anxious thought patterns, and build a happier, more positive mindset to achieve your goals. Let go of stress with relatable prompts and reflections--all grounded in positive thinking and positive psychology strategies. Find a daily dose of motivation through insightful quotes and affirmations designed to encourage you to embrace happiness one day, one thought, and one year at a time. This guide to positive thinking includes: Pockets of joy--Practice positive thinking in the moment with this beautiful, easy-to-navigate, and portable book. Achieve your dreams--Insightful quotes and affirmations will help you remember your strengths, stay motivated, and reach your goals. Teens like you--From self-esteem issues to social media stress, you'll discover prompts to help you through a wide range of issues teens face every day. Find confidence, courage, and clarity on the road to adulthood with positive thinking.

She was spirit led to creating 365 Days of Affirmations for the Mind, Heart, & Spirit as a way to reach the masses and share her life story through affirmations that speak powerful volumes in what we as human beings feel on a daily basis but have a hard time expressing. This book is dedicated to those who don't feel seen or heard and feel as if they aren't enough. This book is dedicated to those who have endured pain and heartbreak and are still struggling to find a way to no longer be prisoners in their minds and are ready to break free. This book is a reminder that you are powerful, great, magnificent, spectacular, worthy, valuable, and that you are ENOUGH and then some!

Give teen girls a daily boost to their confidence and their faith It's not always easy to find the beauty in everyday life--especially for teenagers--when so much is changing and uncertain. Daily Affirmations for Christian Teen Girls is an empowering collection of Scripture and reflections that encourages young women to feel more optimistic and stay connected to God. Each day, they'll read a new passage from the Bible and a short affirmation to carry in their heart all day. A year of positivity--Teen girls will explore 365 affirmations and watch their

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relationship with God grow over time. Just for teens--Girls can reflect on what matters most to them, with verses that address teen issues like friends, growing up, and treating themselves with respect. Build a routine--Insightful devotions that are fun and easy to do will keep teen girls coming back to this devotional regularly. Inspire and motivate teen girls with this simple, faith-based book of affirmations.

This little book is filled with positive affirmations that will show you that your point of power is always in the present moment, and this is where you plant the mental seeds for creating new experiences. Think about how you'd like to live and what you'd like to accomplish. Each day Louise L. Hay will help guide your thinking in positive ways to accomplish these goals. As you read this work, you'll find that you develop new mental habits that you can use for the rest of your life!

Do you want to become a powerful black women while only dedicating a few minutes of your time each day? It's no secret that the happiest and most successful people all have habits that they incorporate into their lives that help them stay focused and positive when things are difficult. It doesn't matter where you are now or where you used to be; you have the opportunity to empower yourself and become the woman you are meant to be. Everything you desire or see in other people's lives can be yours with the power of affirmations. Oprah said it best "You can have it all. Just not all at once." In *Badass Black Girl Affirmations*, you will learn powerful sayings that will help you to: Start your day with positive thoughts and intentions Build a successful career and find your boss girl in the workplace Promote a healthy body and make fitness your friend Find amazing relationships and distance yourself from people pulling you down Love yourself exactly the way you are Create a mindset where money and wealth easily find you Eliminate trauma and fears that have been sabotaging your success Learn gratitude and become appreciative of everything that happens to you Relax at night, knowing you are creating a life you enjoy living. Yes, you can really have all these things, regardless of how hopeless you feel right now. It may take time, but if every day you tell yourself how amazing you are and that you can do it, trust me, you will believe it. As long as you commit to reading, your subconscious will take over, and these thoughts and ideas will become part of who you are. Are you ready to finally do something for yourself and change your life? Then scroll up and click the "buy now" button right now. Please Note: This book is best served as an audiobook. Please visit audible.com and search "Badass Black Girl Affirmations" to get the audio program.

Are you looking for not just hundreds, but thousands of affirmations, all organized in one place? Table of contents: Chapter 1: Affirmations for Success Chapter 2: Affirmations for Wealth Chapter 3: Affirmations for Money Chapter 4: Affirmations for Love Chapter 5: Affirmations for Relationships Chapter 6: Affirmations for Confidence Chapter 7: Affirmations for Self-Esteem Chapter 8: Affirmations for Overcoming Anxiety Chapter 9: Affirmations for Overcoming Depression Chapter 10: Affirmations for Health Chapter 11: Affirmations for Energy Chapter 12: Affirmations for Sleep Chapter 13: Affirmations for Fitness Chapter 14: Affirmations for Weight Loss Chapter 15: Affirmations for Healing Chapter 16: Affirmations for Positive Thinking Chapter 17: Affirmations for Abundance Chapter 18: Affirmations for Happiness Chapter 19: Affirmations for Spirituality Chapter 20: Affirmations for Taking Action Chapter 21: Affirmations for Motivation Chapter 22: Motivational Quotes Each chapter contains over 500 affirmations related to that topic. These affirmations are great to read before bed, first thing in the morning, on a coffee break, at the beach, or any time you need a daily dose of inspiration! The paperback also makes a great coffee table piece! By reading or listening to these affirmations, we are bombarding our subconscious minds with powerful, positive, statements that will move us towards our goals automatically. In essence, by reading or listening to these affirmations over and over, we are actually reprogramming our mental computer to achieve more health, more wealth, more love, and more happiness right now! To increase the power of this reprogramming process, check out our audiobook on Audible.com so you can listen to these affirmations whenever you need! On your

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commute, at the beach, before bed, or whenever you want to flood your mind with positivity! You can even use them to drown out negative thought patterns and get your mind thinking the way you want it to think. To get all of these affirmations right now, click the "buy now" button and start the reprogramming process right away!

Are you ready to make some BIG changes in your life? Let's set some goals together and begin using Daily Positive Affirmations to manifest them and make some changes in your life starting today! Do you wake up every morning excited and ready to take on the day? If you're like me this is not always as easy as it sounds. Positive affirmations are like snow tires in the blizzard of life. So whether you're feeling trapped and unproductive in your current situation or you are ready to take your life to the next level of success and fulfillment, these affirmations are for you! My name is Nicole Lockhart and I have been studying affirmations, change, success and attraction for over 25 years. 365 Days of Positive Affirmations is a collection of the most powerful affirmations I have come across over 25 years. Each affirmation has a description to better help you understand that thought and really drive it home so it can take hold of your mind and work. Get ready for 365 days of wisdom and secrets that I have collected to quickly and efficiently get you what you want out of life. In 365 Days of Positive Affirmations you will learn: Why affirmations work How to use affirmations How to set some BIG goals for your future and how to make a plan to achieve them How to set some daily goals for your present happiness Daily affirmations for wealth, health, success, confidence, independence, self-esteem Additional access to download my BONUS book "Creating a Vision Board." and so much more! You will literally be transformed after finishing this book. The world has changed a lot in recent years. Maybe you need to adapt, or maybe your old life just isn't aligning with your future goals. Maybe you are ready to just go for it and finally achieve your dreams. Are you feeling trapped by your present circumstances? There is no time to waste, let's get started setting some goals and reprogramming your mind to achieve them quickly and easily. 365 Days of Positive Affirmations is power packed with affirmations that will get you started on the path to your goals. Don't wait, click the "Add to Cart" button to get started today and create the future that you have been dreaming about!

365 Gentle Reminders is a beautiful book of 365 illustrated reminders that are filled with warmth and affirmation, created by Natalie Dormady. Natalie is the artist behind the popular Gentle Reminders Instagram account, @littleearthlings. With a message and drawing for each day of the year - including 'You are enough', 'You are not alone', 'You are important and your life matters', 'It's ok to let go' and 'It's ok if all you did today was survive' - 365 Gentle Reminders will wrap the reader in a positive embrace and help them find the inner strength they need to get through the day.

This book contains a collection of seventy-five affirmations written specifically for BIPOC women, with eleven bonus journal pages included at the end. The purpose and intent behind these affirmations is to empower you, increase your overall confidence and self-love, and give you the support you need in this everchanging world. These affirmations can help you: Increase your motivation Love yourself exactly as you are Find growth and healing And so much more! As you consistently read over these affirmations, your subconscious mind will be activated and you will begin to have a more positive mindset toward yourself and others. Purchase the book to experience this for yourself!

Do you find yourself becoming stressed every single day? Have you always been interested in the unique powers of the mind and the body? Many doctors and specialists recommend that people use affirmations in order to reach tranquility and help improve their life. An affirmation is a positive phrase that a person focuses on throughout the day that slowly changes his or her thinking. The point of the affirmation is to spin simple thinking into positive action, changing lives for the better. "Positive Affirmations: 365 Affirmations for Your Daily Life" contains many affirmations that deal with self-acceptance and confidence, issues many people have trouble with. Reciting affirmations can help a person

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regain direction in his or her life and assume control over his or her destiny. Many affirmations are specifically made for people who are trying to lose weight, gain weight, or essentially achieve a healthier lifestyle. Love is a popular conflict in everyone's life, so affirmations can guide a person into a more secure state of relationship, instating ideas of determination and positivity. Daily affirmations serve as a checkpoint; they contain simple ideas that are life changing. After a year of these affirmations for living life, a person is sure to change for the better. Get a copy of this book and see the powerful results of affirmations in your life!

Thanks to the media and the constant flow of information on social media, as well as our limiting beliefs most people today have a negative mindset that is keeping them from manifesting their desires and living the life of their dreams. With the help of positive affirmations, anyone can improve their mindset and start manifesting their desires and being living a life they've always dreamed of. If you're like many people, you may be unsure of how to get started with incorporating daily positive affirmations into your life. This comprehensive handbook provides you with 365 powerful manifestations to help you manifest your desires and live the life of your dreams. You will learn: What positive affirmations are and how they work to manifest your desires. Why you should use affirmations every day to attract what you most desire into your life. How to make affirmations work for you and what you need to do to ensure they are effective. Powerful affirmations for attracting better health. Effective positive affirmations for attracting wealth. Obtain a list of affirmations for attracting happiness into your life. How to attract success in your life with powerful affirmations How positive affirmations affect your subconscious mind and how it will ultimately build a positive and optimistic mental attitude. Transform your negative mindset to one that is positive and gain the strength and courage to believe in yourself and follow your dreams. Dramatically change your life for the better and build a positive, feel-good frame of mind. Gain a way to effectively battle negative thoughts that keep you from accomplishing your dreams. Change your negative self-talk into positive self-talk and watch as more doors open for you to accomplish amazing things in your life. Perform better academically, athletically, and at work. Enjoy a lower level of stress every day. How to incorporate creative visualization techniques to make your positive affirmations more powerful and manifest your desires in less time. And much more!

STOP STRUGGLING AND START LIVING A SUCCESSFUL AND HAPPY LIFE!!! Has life dealt you a bad hand? Are you broke, depressed, unhealthy, or in a bad relationship? Have you lost your job, failed to follow the career path you wanted, or fallen short of achieving your dreams? You need to change your thoughts! Negative thoughts of fear, rejection, failure, and self pity plague us all, but continuing to have these negative thoughts keeps us in that slump for what seems like eternity. If there was a way to replace negativity with positive thoughts, you could have all the success and happiness you could ever dream of. Well you can have those things! By changing your thought process you can rewire your brain to start attracting success and happiness into your life. Reading positive affirmations reprograms your subconscious into a positive source of energy that attracts anything you want in life. It's called the Law of Attraction! It's a universal law that works without question! These 500 daily affirmations of success and happiness will begin to immediately reshape your life no matter how bad things may seem. In reading this book you'll learn: How to stop negative thoughts How to reprogram your mind for the better How to create success and happiness How to become the person you've always wanted to be How to stop struggling and start living a successful life "You become what you think about" is a universal law that has changed the lives of many people who have learned to consciously control their thinking. Reading affirmations conditions your mind to believe what you are telling it. When it is flooded with positive thoughts of success and happiness you begin to attract those things toward you. This book could be the most life changing book you've ever read. With over 500 affirmations to read you'll have the tools you need to start rewiring your brain for the life you deserve! Scroll up and grab a copy today!

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Summing it all up, friends, I'd say you'll do best by filling your minds and meditating on things true, noble, reputable, authentic, compelling, gracious-the best, not the worst; the beautiful, not the ugly; things to praise, not things to curse. Put into practice what you learned from me, what you heard and saw and realized. Do that, and God, who makes everything work together, will work you into his most excellent harmonies. Philippians 4:8-9 Motivation. You deserve it. Empowerment, your spirit craves it. What you speak is also created. Color your life with vibrant verbiage and keep your youth vibrating for generations to come. I AM MORE is a refreshing yet powerful start to an incredible life of art. Be inspired!

This little book is filled with positive affirmations that will show you that your point of power is always in the present moment, and this is where you plant the mental seeds for creating new experiences. Think about how you'd like to live and what you'd like to accomplish. Each day Louise L. Hay will help guide your thinking in positive ways t...

Can gratitude really make a difference in your life? Yes! With gratitude affirmations taken daily, you change your thinking and feelings and experience a richer life, greater joy, harmony and sense of well-being. You are worth it! Rx for Joy is a delightful and inspirational tool. Access your higher self and expand your perspective with these empowering affirmations. Taking one gratitude affirmation a day is like taking a Spiritual Vitamin; your mind and emotions get healthier and your body responds in a more harmonious way. After reading these gratitude affirmations for a number of months, a friend said "I'm surprised how many different things I'm really grateful for!" Rx for Joy has weekly statements of spiritual realization which set the tone for that week. The 365 daily gratitude affirmations were originally written as a gift for family and friends. Now you can be one of those "friends" and reap the benefits! Rx for Joy reminds you every day you are worthy as a precious, unique, spiritual being having a human experience. An attitude of gratitude raises the altitude of your perspective and your life experience will be enriched. Experiment! Try it out! Discover, focus, affirm and use the power that you are...one daily affirmation at a time.

From the online phenomenons the Astro Poets comes the first great astrology primer of the 21st century. Full of insight, advice and humor for every sign in the zodiac, the Astro Poets' unique brand of astrological flavor has made them Twitter sensations. Their long-awaited first book is in the grand tradition of Linda Goodman's Sun Signs, but made for the world we live in today. In these pages the Astro Poets help you see what's written in the stars and use it to navigate your friendships, your career, and your very complicated love life. If you've ever wondered why your Gemini friend won't let you get a word in edge-wise at drinks, you've come to the right place. When will that Scorpio texting "u up?" at 2AM finally take the next step in your relationship? (Hint: they won't). Both the perfect introduction to the twelve signs for the astrological novice, and a resource to return to for those who already know why their Cancer boyfriend cries during commercials but need help with their new whacky Libra boss, this is the astrology book must-have for the twenty-first century and beyond.

Positive Affirmations – Empowering Daily Affirmations to Easily Attract Health, Healing, and Happiness Into Your Life. Discover what positive affirmations are all about, why they are so powerful at affecting change, and how to integrate them effortlessly into your daily life. Do you consciously control your thoughts to focus on positive outcomes, or allow your subconscious mind to let negative or unhelpful thoughts take over? Fortunately, positive affirmations can be used to transform our lives in exceptional ways. Throughout the book you'll learn how to use affirmations to permanently alter the way you think, to move away from damaging self-beliefs, and to actively pursue the life you really want. Inside the book you'll discover:

- What affirmations really are
- Why they are so powerful
- How to use them productively
- Simple techniques to radically alter your subconscious thoughts
- Easy methods to replace negative thoughts
- Empowering tips to ensure your personal affirmations really work
- Positive affirmation examples
- Step by step actions to immediately attract health, healing and happiness

Positive affirmation statements can help remove mental barriers, replace negative self-talk, and develop empowering daily habits. Our aim is to provide you with ideas, inspiration, and encouragement to craft your own uplifting affirmation statements, which will repeatedly deliver the rewards you desire. Follow the techniques, methods and tips in this book, and you'll be empowered to:

- Stop negative thoughts or self-doubt holding you back
- Start focusing on positive change
- Control your subconscious thoughts with empowering affirmations
- Feel happier, healthier, and full of positive energy

Through the use of positive affirmations you can consistently improve your health, heal your body and mind, and move toward daily happiness. Jump in and discover how you can influence your thoughts, attract great things into your life, and step closer to your ideal future.

Be mindful and present in your daily life with these 75 uplifting messages, organized by theme. Founder of MantraBand Aysel Gunar provides an inspiring introduction on the importance of positive, meaningful mantras in your life. Whether your focus is peace, love, happiness, strength, or your journey—you'll find the perfect mantra for every day of your life. Some of the positive messages you'll find: Be Present: Be present, free of past and future, and enjoy this moment, that is filled with love, awareness, peace, and joy. Love and Light: May love and light always find you, and may you be a vessel of love and light. Let these powerful forces pull you away from your fears and open you to the understanding of oneness. Choose Joy: A phrase so simple, yet so powerful that it changes one's outlook on life. It helps us realize the power of our minds and the power of our attitude. A simple step in the path to a more positive life and a constant reminder to choose happiness. Blessed: You are greatly blessed and deeply loved. Count your blessings, not your troubles. I am awake, I am alive, I am blessed. By reading these affirmations—one a day, several at a time, or just by opening the book at random—you're taking the first step toward building a more rewarding life.

I Am, I Can 365 affirmations for kids Penguin

They say that a man's life is made up of his thoughts. If he continuously thinks about failure and struggles, he will definitely find himself in such a situation. But if he makes it a point to always think about his success and happiness in life, he will eventually attract those things into his life. Our thoughts are powerful. But that power can lead us to success or despair and you have that choice within you. Will you continue with your negative thoughts or will you choose to start thinking positively? "POSITIVE THINKING: 365 Daily Positive Affirmations" contains life changing affirmations that we wish to happen in our lives that will bring us joy, love, self-satisfaction, success, wealth and peace. There are 365 affirmations written in this report, one for each day of the year that you can say out loud, say it several times during a day and before you close your eyes to sleep, reflect on it and commit it to memory. These are positive thoughts that will encourage you every day and will help you train your mind to think positively. Get a copy of this book and change your life today by changing the way you think!

"This little book is filled with positive affirmations. Every thought you think and every word you speak is an affirmation. So why not choose to use only positive affirmations to create a new way of thinking, acting, and feeling?...By reading these affirmations—one a day, several at a time, or just by opening the book at random—you're taking the first step toward building a more rewarding life...I know you can do it!" – Louise L. Hay

There is a point in our lives when we seem to stand in the center of our own decision about who we are and how we want to be. It comes after enough of the past pain, resentment and grief have been spent, enough deep holes and yearnings have been filled, enough baggage from the past has been dealt with. Now that we've restored ourselves to a "good enough" status, we're ready to meet life more or less as it is happening. At this point we need to recognize which attitudes and behavior patterns will serve us throughout the rest of our lives and which need to be let go. Can the lives we have envisioned for ourselves flourish under the weight of carried resentment from the past? What does it cost us in terms of happiness and well-being to hang on to the blame and hurt?

365 Daily Affirmations for Men is a collection of affirmations strategically placed to strengthen, encourage, and challenge men out there to live their greatest lives each and every day. Integrating the 365 affirmations as part of a successful daily routine challenges men to unpack the deepest questions in life and it is my desire that this book awakens massive action within you. You deserve to win! Allow that truth to sink in. Then, make room for Soulful Affirmations--the impactful and awakening daily guide of prayer, meditation, confessions of faith, and mindset challenges. The latest addition to the Soul Series, Soulful Affirmations: 365 Days of Positive Thoughts and Lessons to Start Your Day will be your consistent reminder to push past obstacles and create a habit that will result in the life you want. Cheryl Polote-Williamson and her 68 coauthors deliver affirming words intended to penetrate your thoughts, change the way you see yourself, and inspire action. Intentionally speaking life and encouragement over

ourselves is a powerful tool. Therefore, allow these soul-stirring lessons to flush out negativity and excuses and pour into you hope and positivity that will increase your level of faith, bolster your self-awareness, advance you in business, grow and develop you in God's mindfulness and love, and transform you from the inside out.

The influence of affirmations not only centers your mind and spirit, but it also grants you the strength necessary to face any challenge that may arise. How we view our relationship with ourselves starts with a simple belief in who we are and what we can become. Positive thinking channels your energies, focusing on stronger mindsets that awaken inner truths we often forget. 'Daily Affirmations for Women: 365 Days of Positive, Empowering & Inspirational Affirmations to Support Growth and Recovery' is a compilation of affirmations that will provide the encouragement and motivation to handle any situation. There has never been a more appropriate time in modern history where we require strength, intelligence, and positivity.

Positive Affirmations for a Badass Fans of Rachel Hollis and Girl, Wash Your Face will love Becca Anderson's Badass Affirmations Even a badass needs daily affirmations: We all need reminders. You don't leap out of bed knowing you are amazing and about to have an incredible day. All of us have a lot of demands, pressures, to-do's and responsibilities. We find ourselves rushing around, working hard to please others. Often we find ourselves at the back of our own bus, having made everyone else happy but our own damn self. Then you go and beat yourself up about it. Let's stop that, shall we? The incredible art of self-affirmation: Positive living and affirmation queen Becca Anderson reminds you that you are pretty darn great. I had to learn to remind myself, but you know what? It feels pretty darn good. It is even kind of addictive in the best way. There are reasons we need esteem boosters. We pick up scars and get bumps and bruises in daily life. If you had a bad childhood, you have old "tapes" from poor parenting looping through your unconscious brain. "You'll never amount to anything. You're not good at sports. Your sister has a better singing voice than you, so we're sending her to music camp and you can stay behind and babysit." Even nice moms and dads perpetrate these parenting errors that leave marks on our souls. But, we can overcome with the right mix of badass affirmations. Every day and in every way, you can learn the art of self-affirmation. Self-affirmation adjustment: If you find yourself feeling overwhelmed and drained by life's busyness and demands, stop in your tracks and do an attitude adjustment, or more specifically a "gratitude adjustment." You have need for some "me TLC" and a dose of radical self-affirmation. In Badass Affirmations you will:

- Learn the habit of affirming yourself daily
- Experience a life filled with love, joy, fulfillment and satisfaction
- Take control of your destiny
- Strengthen your self-esteem

THIS UNIQUE AFFIRMATIONS JOURNAL WILL HELP YOU MOTIVATE POSITIVE LIFE CHANGES ONE AFFIRMATION AT A TIME. This writing journal features beautifully designed digestible affirmations based on positive psychology and motivational studies. It helps nurture creativity, mindfulness and self-esteem. Featuring inspiring quotes with vibrant hand-lettering and images, this appealing journal will make a perfect gift as well as a powerful tool for positive change. Journal Features: SIZE: 6" x 9" inch convenient size and easy to carry DESIGN: Wide ruled writing pages with graphic affirmations featuring quotes & drawings PAGES: 100+ cream colored pages COVER: Soft, glossy cover Suitable for planning, organizing, journaling & drawing Makes a

great Christmas, Thanksgiving, New Year, Birthday, Anniversary and Appreciation gift

I am strong. I am brave. I can handle anything. This book empowers your child by providing an affirmation for every single day of the year. With a different theme for each month - such as positivity, calm, and adventure - children can build their self-esteem and resilience by focusing on what matters to them, through the power of positive thinking. Perfect for children aged 7 to 9, this book not only educates but inspires. Affirmations tied to certain key events from history provide motivation and encouragement. On 17th April, learn about the Apollo 13 mission and discover how to stay calm under pressure. On 1st December, Rosa Parks' refusal to give up her seat on the bus links to the affirmation "I stand up for myself and others." Mindful activities encourage children to try practical techniques to explore the affirmations further - creating a "happiness jar" helps kids come up with their own affirmations, building a "coping wheel" empowers kids to manage stress, and making friendship bracelets helps enact the affirmation "I am a caring friend." Affirmations have been proven to help overcome negative thoughts by reminding us of what matters. I Am, I Can use beautiful illustrations to bring the daily doses of wisdom to life and encourage visualization - a powerful tool in promoting self-belief and keeping anxiety at bay.

This book empowers children by providing an affirmation for every single day of the year from January 1 to December 31. I am strong. I am brave. I can handle anything. Using the power of positive thinking, children can build their self-esteem and resilience by focusing on what matters to them and remembering to champion themselves. Perfect for children ages 7 to 9, this book educates and inspires. Affirmations tied to certain key events from history provide motivation and encouragement. On April 17, learn about the Apollo 13 mission and discover how to turn failure into success. On December 1, practice an affirmation of standing up for yourself as you read about Rosa Parks' refusal to give up her seat on the bus. Activity pages encourage children to try practical techniques to explore certain affirmations further, by writing down their ideas, creating affirmations of their own, and making tools to help cope with negative thoughts. Affirmations have been proven to help overcome negative thoughts by reminding us of what matters to us. I Am, I Can uses beautiful illustrations to help bring daily doses of wisdom to life and encourage visualization--a powerful tool in promoting self-belief and keeping anxiety and worry at bay.

'Positive affirmations helped me in my darkest times to focus on my health and happiness, and to remember I was not alone. I know how well they worked for me in regaining my life, and now I want to share them with you.' Katie Piper. Start your Day with Katie is a page-a-day book of Katie Piper's most powerful inspirational thoughts, plus quotes and mantras that helped give her courage and hope after her rape and acid attack. With Katie's guiding messages, you can begin every day on the right track. Let these affirmations help you find happiness and inner strength. They are one of the tools that Katie Piper used to rebuild her life. Keep this book with you or by your bedside table to turn to any time you need a little help in finding peace or inspiration.

"I can't do that" or "I am not able" - sound familiar? Too many of us are stuck in a negative cycle of thought - but you know what? You are great. You are able to achieve great things. Sometimes you just need to remind yourself of that. Positive affirmations have been used by psychologists since the 1920's to help boost the self-esteem of their patients. Research from Carnegie Mellon University conducted in 2013

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provided the first evidence that self-affirmation can protect against the damaging effects of stress and anxiety. Millions of people have successfully used positive affirmations to aid in weight loss, depression, anxiety and self-esteem issues. Scientists believe that when positive affirmations are practiced regularly, they reinforce a chemical pathway in the brain, making the connection between two neurons stronger, and therefore more likely to conduct the same message again. In 365 Days of Positive Affirmations you will be introduced to the power of positive affirmations and experience the impact they can have on your life. Move through the book at your own pace as you discover which words and phrases resonate with you on a personal level. These then become your positive affirmations. Once you have those, use them on a daily basis; use them when doubt creeps into your mind; use them to remind yourself you are capable of achieving great things. Own 365 Days of Positive Affirmations today or purchase for a friend who needs a little positivity boost.

Sunshine for Your Heart and Soul is a 365 daily positive affirmations and thoughts book, including references to faith.

Introducing daily affirmations tailored towards men to help you ditch bad habits, build confidence, and achieve everything you want in life. Do you feel like your life is out of whack? Have you tried to get ahead but can't seem to find the motivation to get yourself going? Are you looking for a new method to help you change your mindset and live more fully? Affirmations have been used by everyday people and celebrities alike to create new habits and adopt a winning mindset. Simple words can have a big impact, and in this book, you'll learn exactly what works best and how to implement affirmations to kickstart you on your new path. Daily Affirmations for Men has been written specifically for the male mind to help you not only learn affirmations, but find ways to fit them into your life and tailor them to your needs. Affirmations may seem silly or like a placebo effect, but they've been shown to work time and time again. The neuroscience behind affirmations is real. The psychology exists. Now all you need is the tools to get started. Inside Daily Affirmations for Men, you'll discover: Affirmations relating to your habits, mental health, goals, and even self-esteem Daily reminders to pick yourself up, dust yourself off, and keep pushing forward Short and long-term goal related affirmations to help you find your path to success Explanations along with the affirmations to show you why a certain mindset or way of looking at the world is important The key to unlocking your unlimited potential And much, much more! With over 100 affirmations, you'll be hard-pressed to find a more complete guide. Even if you're not sure you believe in the power of affirmations, the bits of wisdom present throughout this book are enough to steer you in the right direction. Everything starts in the mind. Don't you want your thoughts to reflect the life you desire? If you're ready to take it one day at a time and see what a difference reciting a few simple phrases can make, click "add to cart."

Success is all about winning choices. The course of your life is shaped by the thoughts you choose to think, based on which your beliefs are created. You have the power to reach your goals and achieve remarkable success. The only thing stopping you is your limiting beliefs. Equip yourself with positive thoughts, you can empower yourself to create the kind of life you want. Nurturing and encouraging words of positive affirmations can change the outlook of your life and the outcome of your actions by rewiring your brain and altering your thought pattern. Thus by tapping into the power of positive affirmations you can prepare yourself for a successful and happy life.

An affirmation is simply a positive statement that can help to encourage confidence, remove self-doubt, and change a person's thought patterns. Saying an affirmation every morning is a great way to start the day. It is a chance to remind yourself that you are worthy and deserving of achieving all that you desire! This book contains 365 of the best affirmations for success and happiness. Either go through this book from start to finish a page at a time, or simply flick to a random page every morning to choose an affirmation. Saying these affirmations daily will quickly begin to produce a positive change in your life, and in no time, you'll be feeling more confident, less stressed, and more

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motivated than ever!

A stunningly illustrated guide to simple affirmations for young children, building self-esteem and confidence. When you are feeling scared of something new, Stand tall, Put your hands on your hips, and say: I Am Brave! This brightly hand-lettered board book empowers young readers to lift themselves up! Ten relatable emotions are each followed by a centering exercise and a positive affirmation to be recited, as a practice in mindfulness. Young readers are encouraged to find their inner strength by recognizing and addressing their emotions, instilling a sense of power and self-confidence.

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