



200 Powerful Positive Affirmations and 6 Simple Tips to Put Them to Work (For YOU!)

Andy Grant

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200 Powerful Positive Affirmations and 6 Simple Tips to Put Them to Work (For YOU!), contains more than 200 uplifting affirmations to replace the automatic negative thoughts most people's days are full of. This collection includes author Andy Grant's personal favorites--the ones that helped him overcome years of pessimistic thinking, depression, and suicidal thoughts. The affirmations are broken down into six categories for easy reference: All-Purpose Affirmations Abundance/Wealth Affirmations Career/Success Affirmations Growth/Spirituality Affirmations Health/Wellbeing Affirmations Relationship/Love (self and others) Affirmations Beyond a collection of positive affirmations, this book shares six easy-to-apply tips that Andy used in his personal turnaround, including; Freestyling, Rituals and many suggestions for creating Time for your affirmations. Plus there are Super Chargers such as the power of "I AM" and Mirror Work. Be sure and check out the follow up: 200 Powerful Positive Affirmations Volume II and 6 Super Chargers to Put Them to Work. Do not underestimate the power of working with affirmations. 200 Powerful Positive Affirmations and 6 Simple Tips to Put Them To Work (For YOU!), shows how to get the most from your affirmation work, how to make it fun and maintain it as a lifelong supportive habit.

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