



Change Your Mind With Affirmations

By Erina Calder Clc

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...



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