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## 365 DAYS OF POSITIVE AFFIRMATIONS: FOR A HAPPIER, MORE MINDFUL LIFE (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English. Brand new Book. "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...

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- Authored by Jenny Kellett
- Released at 2016



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