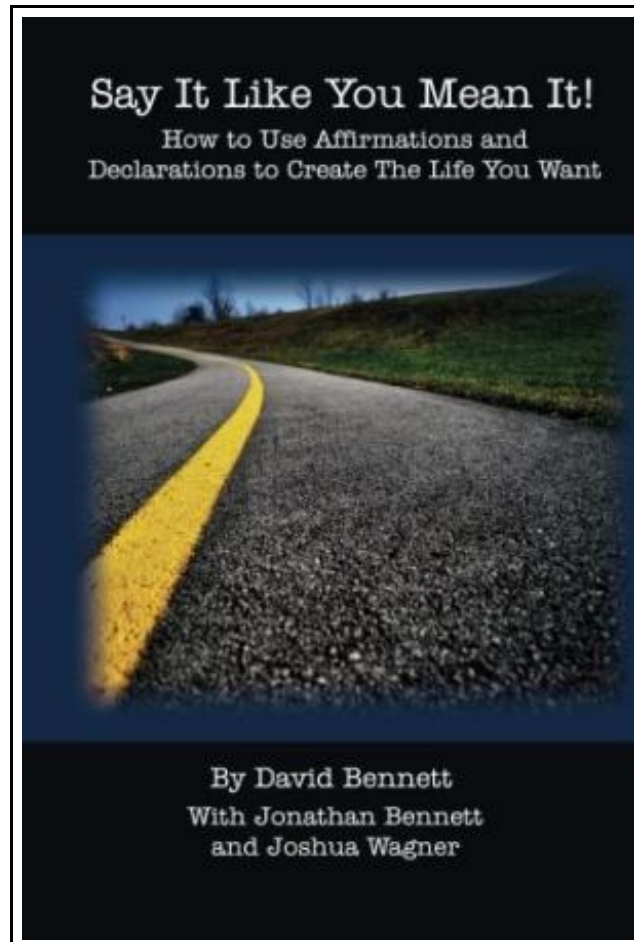


Say It Like You Mean It How to Use Affirmations and Declarations To Create the Life You Want



Filesize: 2 MB

Reviews

Extensive guideline! Its such a great go through. It is definitely basic but surprises in the 50 % of the pdf. It is extremely difficult to leave it before concluding, once you begin to read the book.
(Fernando Hahn)

SAY IT LIKE YOU MEAN IT HOW TO USE AFFIRMATIONS AND DECLARATIONS TO CREATE THE LIFE YOU WANT

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Theta Storm Press. Paperback. Book Condition: New. Paperback. 134 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. Affirmations and declarations are powerful tools for personal change. They quite literally rewire the brain, allowing you to move toward that new you. Do you want to be more successful Do you want to wake up every morning feeling happy and excited Do you want to lose weight In this book, Bennett, Bennett, and Wagner explain how to use affirmations and declarations to create a better life. Recent brain science sheds light on the brain's neuroplasticity. This means that the physical brain can be rewired over time, literally changing who you are. But, how do you rewire the brain Affirmations and declarations are two powerful tools to help your brain make this exciting change for the better. This also book explains common reasons why traditional advice about affirmations is ineffective, and why they are not really changing your brain. It also outlines the most effective ways to write and say your affirmations based on recent brain science. Also included is information on how to record your affirmations to create your very own self-hypnosis script. Bonus sections include the morning blitz, common questions and answers, and some effective sample weight loss declarations. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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