



## Askfirmations: Make Affirmations More Effective by Using Powerful Questions

By Chris Alexandria

Findhorn Press Ltd. Paperback. Book Condition: new. BRAND NEW, Askfirmations: Make Affirmations More Effective by Using Powerful Questions, Chris Alexandria, Have you ever heard that little skeptical voice piping up in your head when you are trying to think positively? It is in everyone's head, this is called the mind or the ego. Chris Alexandria has discovered a technique for "tricking" the mind, and she explains with great humor how she learned to do this, what she discovered, and how it can make a difference for anyone. Attracting positive things with ease, Chris shares the simple but effective practical exercises that have worked for her.



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