



365 Days of Positive Affirmations: For a Happier, More Mindful Life (Paperback)

By Jenny Kellett

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 patients. Research from Carnegie Mellon University conducted in 2013 provided the first evidence that self-affirmation can protect against the damaging effects of stress and anxiety. Millions of people have successfully used positive affirmations to aid in weight loss, depression, anxiety and self-esteem issues. Scientists believe that when positive affirmations are practiced regularly, they reinforce a chemical pathway in the brain, making the connection between two neurons stronger, and therefore more likely to conduct the same message again. In 365 Days of Positive Affirmations you will be introduced to the power of positive affirmations and experience the impact they can have on your life. Move through the book at your own pace as you discover which words and phrases resonate with...



Reviews

It in a of the best publication. It really is rally intriguing through reading through period of time. You will not feel monotony at anytime of your own time (that's what catalogs are for relating to in the event you request me).

-- Dr. Pat Hegmann

It in one of my favorite publication. It is among the most awesome publication i have go through. I am just quickly will get a delight of reading through a published publication.

-- Prof. Martin Zboncak DVM

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Edition

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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Large Print. Language: English. Brand new Book. 'Meditation for Beginners'. Anytime and Anywhere. A pocket size guide that will give you Inner Peace, Mindfulness and Happiness. Simple Techniques to Relieve Stress, Anxiety...



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