



## Affirmation Basics

By Shane Reed

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This Book Is One Of The Most Valuable Resources In The World. Research has demonstrated that we have between 150 to 300 thoughts a minute and that, for most individuals, 80 of those thoughts are damaging. Affirmations could change all of that! Affirmations make you conscious of your thoughts. To affirm means to state something positively. It means to announce firmly and assert something to be true. Affirmations are statements where you assert that what you wish to be real is real. You will learn: How to use Affirmations Affirmative Prayers Cosmic Ordering Creative Visualization Mantras.



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