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## Be Happy Be YOU: Affirmations are Confirmations of Gods Promises to Your Mind, Body, Soul and Spirit.

By Coach Donna Jean

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 38 pages. Dimensions: 8.0in. x 5.0in. x 0.1in. The trials we all face every day can be overwhelming and cause one to feel like they are slowly suffocating. Daily pressures drag us down and often leave our self-esteem in shambles. So how does that one person at work always seem irrevocably content? How do they, even on Mondays, always seem more prepared for the day than you ever are? How is it they never explode at work and never appear mad? How do they remain calm and humble through even the most stressful situations? Affirmations provide a way to nourish one's mind, body, soul and spirit in a way that can be achieved through GOD. They uplift one's soul to help them feel in control and content with their current lives. What we perceive and dwell on turns into our reality. Deciding to ponder about the negative or positive aspects of something can alter your mood and life immensely. We each hold power over our lives, though most of us refuse to acknowledge it. We find it easier to blame other parties for the worst parts of our...



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