

Affirmations: 4 Reasons why Affirmations don’t Work and How to Fix them (Self-Help 101)

By Rahul Badami

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Have you ever felt that you are trying everything you can, but you are not reaching your goals?
Have you felt that others are passing by you on the journey of life, and you are still stuck in the same place?
When an opportunity comes up, do you say it’s not right for you?
Do you say to yourself: “Who am I kidding? I don't deserve this! I can't do this. I'm not good enough.”
Does your inner critic beat you down at every instance?
You make a resolution to be a positive thinker, however in a few days the ‘negativities’ swarm inside your mind.

All these can be resolved through the power of Affirmations. Affirmations when used correctly have the power to change your thoughts, and thereby change your life.

Whether you are new to Affirmations, or have tried and given up, this book will finally give the answer on how to use Affirmations effectively.

This book is divided into three Sections:
The First section gives you four crucial reasons for Affirmations to succeed. This is where most Affirmations users get it wrong! It is not your fault if Affirmations haven't worked for you.
The Second section contains Positive Affirmations for 25 different areas of your life. These Affirmations contain carefully chosen words and phrases designed to give your mind a holistic experience.
The Bonus section includes a free Affirmations audio MP3 that you can actually listen to while reading this book!

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