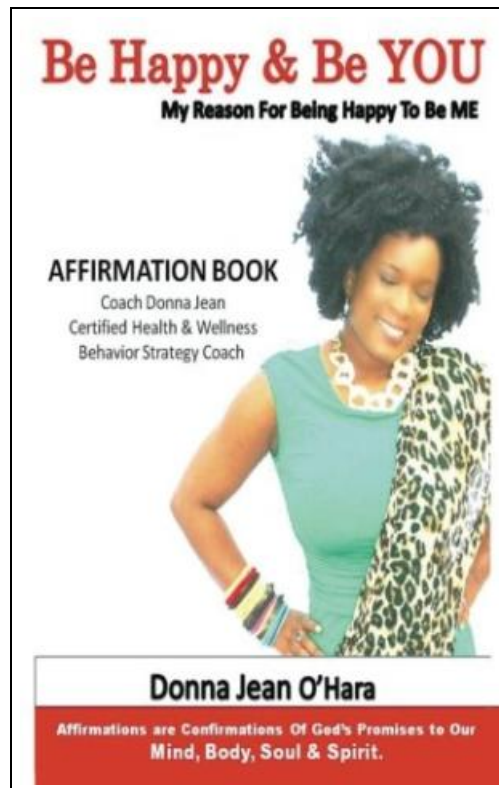


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CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 38 pages. Dimensions: 8.0in. x 5.0in. x 0.1in. The trials we all face every day can be overwhelming and cause one to feel like they are slowly suffocating. 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 lives rather than realize it is our psyche that's influencing our mindsets. Sometimes we even trick ourselves into believing that nothing can help, further drowning them into self-pity. When it comes to trying to change into a happier person, we often look in the wrong places for help. Though psychiatrists and family can assist in making us temporarily feel better, turning to GOD through affirmations can have a dramatic effect on our life. We do not realize that simply believing in ourselves and God's path for us can have an extreme impact. We are whom we think we are. Giving...

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