



## 21 Positive Affirmations (Paperback)

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By MR Alan M Searing

Createspace, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.What are affirmations? Affirmations are a powerful ingredient in positive thinking. They are statements that you must believe are true. Affirmations are positive statements describing a desired condition in your life. That condition may not yet exist, but the affirmation is spoken as though it does. Positive affirmations are made because you want to achieve something. That may be more money, a new car, a bigger house, a better job, more success, or, on a more personal level, love, health, happiness or peace. Another good reason to create positive affirmations for you is because it is so simple to do. Positive affirmations create better relationships, as other people instinctively respond better to positive vibes and success. This can affect every type of relationship in your life - with your partner, your children, your relatives, friends, acquaintances, strangers, work colleagues, and if you have one your boss. Your affirmations need to be spoken regularly, if possible twice a day, for them to be effective As far as possible, try to attain a relaxed mood during your affirmations.



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