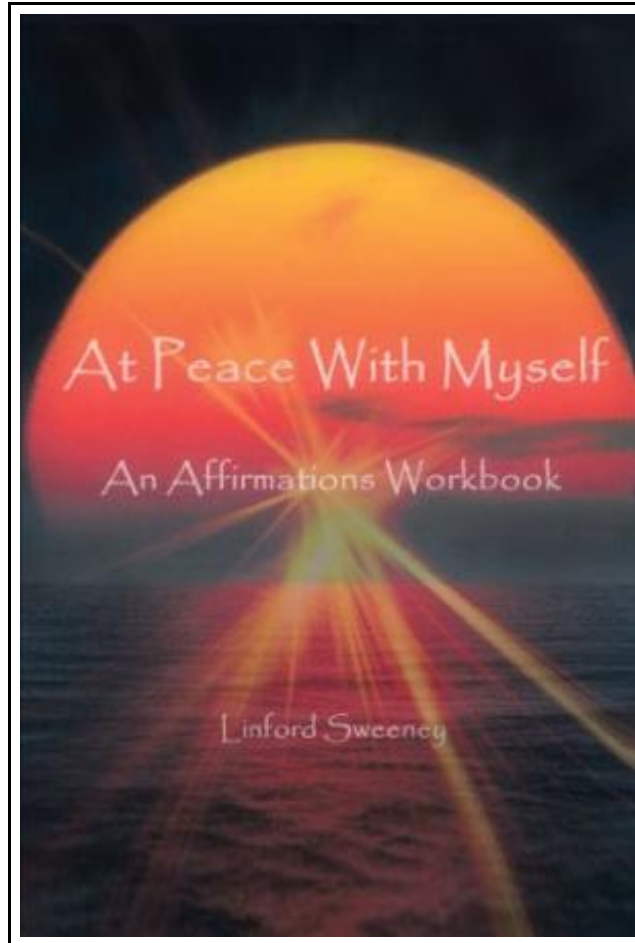


## At Peace with Myself: An Affirmations Workbook (Paperback)



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Trafford Publishing, Canada, 2011. Paperback. Book Condition: New. 228 x 150 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.I have been a Life Coach, trainer and mentor for the past ten years and always considered positive affirmations to be an essential element of the work that I did. This book came about as a result of my foray into social networking at the end of 2008. Whilst on these social networks I became aware that people needed some positive comments to help them through the week. Whenever I posted affirmations people were very approving and left positive comments on my status. In time I created a Facebook group to address this need and begun sending weekly affirmations to individuals using social networking sites such as Facebook and Twitter, and to a more limited extent, by email. It was then that some people commented that I should publish a book of affirmations. I have chosen to combine my Weekly Affirmations with life coaching especially aimed at people who may have been going through difficult or challenging situations in their lives, such as illnesses, redundancies, facing debt, raising teenagers, or daily battling the traffic to work that they may not like. You can use these affirmations when you want to feel better about yourself by repeating them 7-10 times (out loud if you can), when it is safe to do so, each morning and evening. Each affirmation contained within this book is designed to be repeated and meditated upon each week over a fifty-two week period. There is also the opportunity to keep a journal of your thoughts, lessons and any positive actions or achievements that may have come about as a result of using these weekly affirmations. Your journal as it develops may contribute to your own...



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