



Affirmations: How affirmations work, and why you should do affirmations daily for success and happiness!

Jacob Manders

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Affirmations

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Affirmations are an incredibly powerful tool used by thousands to achieve their goals and dreams, along with living a more productive and fulfilling life!

The art of affirming positive declarations has been shown to have extremely positive results on people when working towards their goals.

The steps outlined in this book will show you how to correctly perform affirmations, and visualizations.

With the help of this book, you will be able to work towards your goals and dreams with new found focus and drive, along with greater clarity on how to achieve the success you desire.

Here Is A Preview Of What You'll Learn...

- What affirmations are
- How affirmations work
- How to visualize
- How to use affirmations all day long
- How to stay motivated and focused
- Why you must start using affirmations
- Much, much more!

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