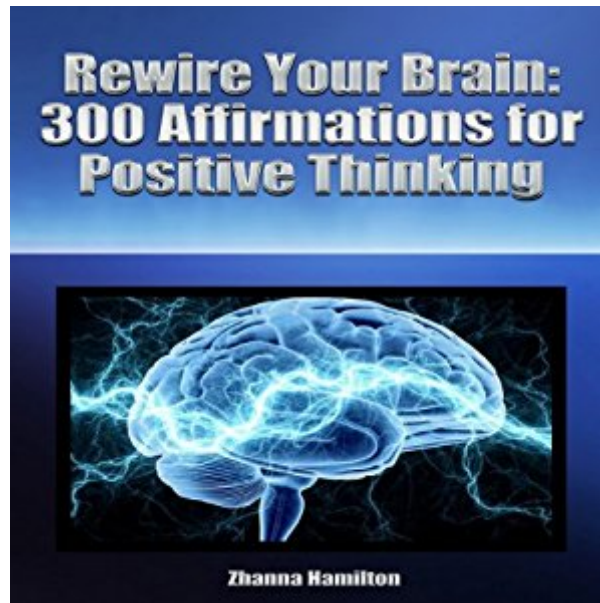




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Rewire Your Brain: 300 Affirmations For Positive Thinking



Synopsis

Maybe you've felt it in your life - the feeling of frustration - of not knowing why the circumstances were not working in your favor. Perhaps you've wondered, "Why me?" Most people have grappled with such a question, but fewer ask the more important question: "How have I been responsible for these circumstances?" Taking responsibility for our thoughts and actions is easier said than done for most. It is easy to get sucked into the victim mentality when things are not going your way. The world can often seem like a ruthless place to live. But, that is not true. The truth is you are co-creating your reality with every belief, every thought and every action that you have. Your belief system will guide your thoughts. Those thoughts then influence your actions and create a filter with which you view the world. It is your unique perspective in life. What kind of perspective do you want it to be? This positive affirmations guide consists of affirmations that cover confidence, a positive attitude, a healthy body, a strong mind and a compassionate soul. Since your thoughts are the building blocks of your reality, they should mirror the kind of world you want to live in. Do you want to live in a world of fear, anger, frustration and failure? Or, would you rather live in a world filled with hope, compassion, love, humor and good health? The choice is yours. As an adult, this has been your choice to make all along. Allow these affirmations to change your thought patterns. Embrace the idea of letting out that optimistic, resilient and compassionate person that is within you. You will notice that when your thoughts change for the better, so does your life. There will be moments in your life that test this wisdom and will try to block your sunshine. These circumstances will be moments where you can allow your inner peace to shine even brighter, as that is what resilience is all about. Your healthy state of mind will attract the right people into your life and will influence others in a positive way. You will feel healthier, wiser and stronger. These are the building blocks for reaching your full potential. It all starts with your thoughts.

Book Information

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Customer Reviews

I just love affirmations and they have been very helpful for me so when I came across this I knew I just had to have it. The affirmations are positive and uplifting and leave you smiling as you listen. This has quickly become one of my favorite affirmation recordings and I listen to it daily. The subtle background music is very calming and pleasant and the narrator is excellent. His even, mild voice is very nice to listen to and remains enjoyable even after many listens to the material. I definitely highly recommend this to fellow affirmation lovers.

Great positive affirmations for 3 of the 5 hours then it just goes to dead air. I know all of my other audio books work fine. Maybe they thought we should just be thinking the positive thoughts and the blank audio is supposed to show it is playing so we won't feel alone.

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