



You Are What You Think: How to Use Positive Self-Talk, Affirmations and Daily Reflections to Empower and Motivate You Toward Living an Extraordinary Life

By Jan Marie Mueller

Createspace, United States, 2014. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.The concept in this book is simple: Leading a positive life is a choice. A choice each of us has the power to make. Jan Marie Mueller shows you how to use the power of positive self-talk, affirmations and daily reflections to transform your thinking and your life. When you buy the book, Jan Marie invites you to take advantage of the FREE Art of Developing Self-Awareness Guide Workbook she created specifically for those who want to take the ideas in this book to the next level. You Are What You Think explains What Positive Affirmations Are How Positive Affirmations Work How To Use Positive Affirmations To Transform Your Mind Your Life How To Create Your Own Positive Affirmations You also receive more than 50 beautifully-illustrated positive affirmations, motivating quotes and daily reflections for leading an extraordinary life. Positive thinking is key to living the happy, healthy, productive life you have always dreamed of. Learn to re-program your thoughts to eliminate negative self-talk and unleash the power of your subconscious mind to help move you effortlessly toward your...



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