

## Positive affirmations: 365 Days of Positive Affirmations: For a happier, more mindful you



I cant do that or I am not able sound familiar? Too many of us are stuck in a negative cycle of thought but you know what? You are great. You are able to achieve great things. Sometimes you just need to remind yourself of that. Positive affirmations have been used by psychologists since the 1920s to help boost the self-esteem of their patients. Research from Carnegie Mellon University conducted in 2013 provided the first evidence that self-affirmation can protect against the damaging effects of stress and anxiety. Millions of people have successfully used positive affirmations to aid in weight loss, depression, anxiety and self-esteem issues. Scientists believe that when positive affirmations are practiced regularly, they reinforce a chemical pathway in the brain, making the connection between two neurons stronger, and therefore more likely to conduct the same message again. Positive Affirmations: 365 Days of Positive Affirmations In 365 Days of Positive Affirmations you will be introduced to the power of positive affirmations and experience the impact they can have on your life. Move through the book at your own pace as you discover which words and phrases resonate with you on a personal level. These then become your positive affirmations. Once you have those, use them on a daily basis; use them when doubt creeps into your mind; use them to remind yourself you are capable of achieving great things. Own 365 Days of Positive Affirmations today or purchase for a friend who needs a little positivity boost.

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