



Affirmations & Creative Visualization: A 365-Day Workbook for Lasting Change

Brenda Nathan

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How many times a day do you do something only to end up regretting it a moment or two later? How often do you struggle with negativity in your mind? If you are like most people, the answers to these two questions are "many" and "very," respectively. To make a real, lasting change in your life, you need to change the patterns of your thoughts. Changing the patterns of your thoughts is as simple as telling yourself the right things, affirming the positive, reminding yourself of what you want, and visualizing what you want to happen in your life. Your mind is a simple thing in one way at least: it believes the images that you show to it. It reacts to those images emotionally and then seeks to manifest those images throughout your life. By working with **The Affirmations & Creative Visualization Workbook**, you will set yourself up for lasting change by signaling to your mind that this is what you want it to do. This book guides you toward a daily routine of written positive affirmations and visualizations that will change your life. You'll keep a monthly log of accomplishments and review your entries periodically, getting a clear picture of just how far you have come in your journey. If you want to make a difference for yourself, only you can do it, but this workbook will help you along the way.

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