



Positive Affirmations: How to Use Positive Affirmations to Develop Self-Confidence

Mike Mitchell

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In this this step-by-step audiobook, you'll learn the importance of maintaining a healthy mindset in life by applying positive affirmations when you are overwhelmed by negative feelings throughout your day.

Here is a preview of what you'll learn:

- How to use positive affirmations effectively and successfully
- Benefits of positive affirmations
- Positive affirmations to relieve stress
- Positive affirmations that can bring motivation
- Effects of negative affirmations in your life
- Much, much more!

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