



101 "I AM" Power Affirmations.

Tony T Robinson

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Affirmations are an incredibly powerful tool and used correctly will change your life. What is unique about this book is all 101 Affirmations are original and start with "I AM" and the reason for this is because "I am" are the two most powerful words known to man because whatever you say after them will determine how you think and feel about yourself. It influences your ability to function in the world and the quality of the future that you create for yourself because your words create your reality. "I AM" is the essence of who you are! Whatever you say after that will either greatly improve the quality of your life or quickly diminish it. By starting your sentence with "I AM" you are in effect supercharging your affirmation with additional power because when you say those two words you are speaking directly to the core of who you are and if you want to change or improve an area of your life these affirmations in this format will help to facilitate that change. Each affirmation is written with a particular intention designed specifically for this book to address the following categories - • Self-Esteem affirmations. • I AM a good person affirmations. • Confidence affirmations . • Success affirmations. • Inner Strength Affirmations. • Responsibility Affirmations. • Gratitude Affirmations • Health and Fitness Affirmations • Love Affirmations. The book includes various techniques to make sure that you get the greatest benefit from each section as well as explaining how to counteract the effects of negative affirmations and negative self-speak. Without a doubt affirmations can change your life and reverse negative pathologies with new positive programming because affirmations speak directly to the unconscious mind which is where your belief systems originate and informs your conscious mind how you think and relate to yourself. Chances are if there is an area of your life that is not working you are using negative affirmations. This book will help you to identify those unhelpful patterns and change your belief system to ensure you get the best out of life but are also that you are living the life you want.

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