

Writing Affirmations That Work: Using Powerful Words to Create Your Best Life

Wendy Bett

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Writing Affirmations That Work: Using Powerful Words to Create Your Best Life Wendy Bett Affirmations are undoubtedly one of the most powerful tools you can use to improve your life. The right words have the power to change your thoughts, change your beliefs, improve your emotional state and inspire more effective actions . . . all of which can change your life in very inspiring and empowering ways!

However, sometimes affirmations don't seem to work too well...or at all. But that is not because affirmations don't work!

Rather, they are usually used incorrectly.

When affirmations are used correctly, they are immensely powerful and effective.

When you start using the right *kind* of affirmations in the right *way*, you will feel the difference immediately!

This book will show you, step-by-step exactly how to write and use your own powerful affirmations for the best possible results.

Just a few of the topics covered include:

- How to tell if an affirmation will work for you.
- Which 'tense' is best for affirmations (past/present/future).
- Should you keep your affirmations specific or general?
- When using negative words (like 'can't' and 'won't') is actually a good thing!
- Infusing your affirmations with positive feelings.
- How often you should say affirmations.
- Creating affirmations that can change your beliefs quickly.
- Five different ways to use affirmations.
- How long should affirmations take to start working?
- "Switching up" your affirmations to help them sink in better.
- How to tweak affirmations so they really resonate with you.

- How to make your use of affirmations super-simple and easy.
- and much more!

You have never seen affirmations handled like this, and employing just a few of these techniques will change your results in awe-inspiring ways.



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