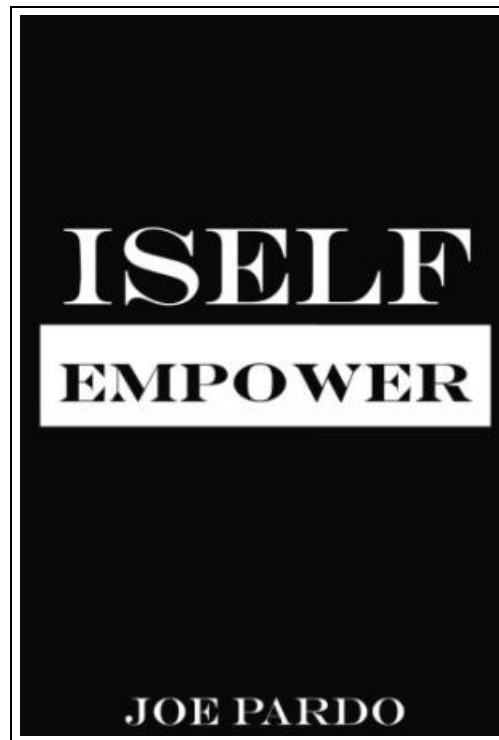


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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Large Print. Language: English . Brand New Book ***** Print on Demand *****. 160 self affirmations to empower you in every step of your journey! Preface My name is Joe Pardo. I write books for people like me. People who don't like to read. I cut the fluff out and get right to the point. This book is the result of a dream that I had on April 18, 2017. I woke up around 10 PM to start outlining the powerful I statements in the pages that follow. One week later this book was complete. It's a piece of art that punches people in the face with positive, reflective and repetitive messaging to build confidence and help you own your life. Here are 10 ways for how to use ISELF EMPOWER: 1. Make it a practice to read one page each day. 2. Like a flip book. Quickly let the pages roll by and let your mind absorb what it absorbs. 3. Interrupt negative thoughts by reading a few pages when things get stressful. 4. Meditate on one phrase each day. 5. Read the I Statements out loud. 6. Create your own audio recording by repeating your favorite messages into your phone and play them back anytime. 7. Close your eyes and turn to a random page. Make that I Statement your personal reminder for the day. 8. Draw a picture of what your favorite I Statement brings to mind. 9. Write the phrase out in your journal (filling the page). 10. Write one of the I Statements on a post-it note and stick it on your mirror. I hope this book inspires you to take your life to the next level. Keep an open mind as this book is...



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