



Choosing Your Words, Crafting Your Life: A Compilation of Affirmations and Stories Designed to Nurture and Empower (Paperback)

By Jean a Costa

Dog Ear Publishing, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Transform Your Life by Changing What You Tell Yourself--It s That Easy! Take charge of your own happiness with this nurturing, empowering compilation of positive affirmations and stories. Choosing Your Words and Crafting Your Life will encourage you to first examine your own -self-talk.- Are the conversations you have with yourself--the phrases you use to describe yourself--empowering? Constructive? Or are they negative and demeaning? This book will help you make conscious choices about how you speak to yourself. By creating powerful, positive affirmations, you can decide how you want to live, what you want to change, what you want to improve, and what you want to fully appreciate in your life. Choosing Your Words and Crafting Your Life provides the tools you need to write your own life story, along with examples of affirming statements designed to help you live a life filled with all the joy and blessings you deserve! Jean Costa is a graduate of Saint John s University, New York, and has a Master of Social Work from UNC, Chapel Hill, North Carolina. She is a registered...



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Reviews

The very best book i at any time read. It generally does not price an excessive amount of. I discovered this publication from my dad and i recommended this book to understand.

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A top quality publication and also the font employed was interesting to learn. It is really simplistic but excitement within the fifty percent from the book. Its been designed in an remarkably basic way in fact it is only following i finished reading this pdf where in fact changed me, modify the way i believe.

-- **Rachel Stiedemann**