

Affirmations for Self-Love, Happiness, and Health

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Synopsis

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inLanguage	english

Struggling with repetitive negative thoughts and unhappiness in your life? Not achieving the health outcomes that you desire? This book contains over 200 affirmations to assist you on your journey towards more self-love, better health, and a happier life. When you learn how to bring affirmations into your life, you start to see things change. The power of your thoughts and emotions is one of the very few things you have control over. Once you realize this, you no longer want to give up that control because you understand the significant impact it can have on your life, health, and happiness. If you or someone you know is struggling with negative thinking patterns, you owe it to yourself or them to pick up this book!

Reader's comments

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