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10 Gifts To Give Yourself For A Successful Life

Christina Westover

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If there is one factor which will help you to bring your dreams into the world and watch them materialize, it is changing your inner dialogue. Through the use of tools such as music suggestions, affirmations, and visualizations, readers will learn to change self-limiting behaviors by giving themselves the personal nurturing and encouragement needed to pursue their goals. Music suggestions will help readers to connect with emotions and memories in need of release, affirmations are used to teach a more compassionate inner dialogue, while visualizations will aid readers in focusing and creating the life they dream for themselves. ?? 10 Gifts To Give Yourself For A Successful Life is a self-help book which will not only help to awaken the artistic passion in readers, but will help to strengthen the emotional and mental core of each person using the suggested tools to improve his or her life. The stronger our emotional foundation is, the stronger we are for those who need our nurturing and help. It is a book of expansive ideas--ideas which will affect all who come into contact with you. Learn to love yourself, and loving others will happen on its own! By San Francisco novelist Christina Westover, 10 Gifts To Give Yourself For A Successful Life, is a self-help book which will help readers to not just shoot for the stars, but to reach them! ??

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