



# I am thankful

*Lanni Tolls*

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## **I am thankful** Lanni Tolls

The words you speak and think create your life. What you are saying and thinking determinate your life.

Affirmations are words or phrases said over and over again to affirm a thought about yourself or about others. That is the way you have form your negative and positive programming through out your life, saying things about yourself over and over again. When our thoughts are repeated long enough, they soon become a belief and then we think this belief is our reality, what can't be further from the truth. This is how we form fears of lack, poverty, health, not enough, weight, relationships, etc.

Because we created these beliefs we can change them. This is where the real freedom comes from.

Practice saying your affirmations for 20 minutes a day every day.

The most important thing is to do it consistently. This is where most people fail. They don't do it consistently, they do it on and off, and so they don't get the results. If you're not going to do it consistently and every day 100%, then don't even buy this book. It's not going to work for you.

Do not wait around for your life to get better. Use affirmations today to set an intention for your wonderful life.

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Playing with family in a very park, coming to see the water world or hanging out with good friends is thing that usually you have done when you have spare time, subsequently why you don't try issue that really opposite from that. 1 activity that make you not sensation tired but still relaxing, trilling like on roller coaster you are ride on and with addition of information. Even you love I am thankful, you are able to enjoy both. It is fine combination right, you still wish to miss it? What kind of hang-out type is it? Oh seriously its mind hangout folks. What? Still don't have it, oh come on its identified as reading friends.

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This I am thankful is great publication for you because the content that is full of information for you who else always deal with world and still have to make decision every minute. This kind of book reveal it info accurately using great manage word or we can point out no rambling sentences within it. So if you are read the idea hurriedly you can have whole data in it. Doesn't mean it only will give you straight forward sentences but tricky core information with attractive delivering sentences. Having I am thankful in your hand like getting the world in your arm, info in it is not ridiculous just one. We can say that no publication that offer you world within ten or fifteen tiny right but this reserve already do that. So , this is certainly good reading book. Hi Mr. and Mrs. stressful do you still doubt this?

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