

Title:

The Power Of Affirmations

Word Count:

738

Summary:

Affirmations are spoken statements that can be of a positive or negative nature. In the popula

Keywords:

affirmations, personal development, goals, self improvement, hypnosis, sel hypnosis

Article Body:

Affirmations are spoken statements that can be of a positive or negative nature. In the popula

When we are born our brains are like empty computers waiting to be fed information. As we grow

All that we have heard, touched, smelt, tasted and seen are stored in the recesses of our mind

This is the mechanism used by our brains to learn. It is also the same method employed by the

Think of a time when you gave yourself praise. What words did you use? Do you use the same wor

Watch your internal dialogue. Look at it closely. It takes diligence to change the way you thi

The whole point of affirmations is to convince the mind that what you are repeating is the tru

During your normal day daydream about what might be. Imagine things the way you wish them to b

If you just repeat affirmations with no feeling, or worse, feeling that it isn't true, then yo

Bob Doyle goes into this approach indepth in his wealth beyond reason audio & video courses. I

By creating the feeling of 'having it now' while repeating your affirmation you will begin to

Read the review of affirmware - the company behind a powerful affirmation software tool that o

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