

1001 Affirmations: Open A Life. Come Alive

Herbert Windschitl



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1001 AFFIRMATIONS is a selection of affirmations, quips, interrelationships, behavior modifications, fifteen minute meditations and goal setting section that are designed to help add direction to your life and achieve what you personally want. Many affirmations have been taken from other people's lives. You can from this information formulate your own direction in the seven areas of your life; mental, spiritual, physical, social, financial, family and business.

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