



Making Your Goals a Reality

Kenny Kingston

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Achieving goals that lead to happiness, peace, and self-worth takes more than sheer will power. It takes an ability to tap into the spiritual forces that lie within and beyond. Kingston explains how people can turn to a source of comfort, love, and energy by using affirmations. He examines specific areas in people's lives that, in his experience, they often feel could use significant improvement. At the end of each section, he provides effective and specific affirmations that can help people lose weight, find a loving partner, achieve financial success, or simply attain a modicum of serenity in a stress-filled world.

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