

The Great Little Book of Afformations (All-New, Expanded Edition)

Noah St. John, Denise Berard



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The Great Little Book of Afformations (All-New, Expanded Edition) Noah St. John, Denise Berard Tired of hearing yourself say things like: "Why is my life such a struggle? Why can't I find someone to love? Why don't I have enough time or money?" Change the QUESTIONS, change your LIFE! In this new, updated edition of the original award-winning book, you'll learn how to transform your life using a simple questioning technique called AFFORMATIONS - empowering questions (not "affirmations") that change what you focus on - and what you focus on, grows! The authors walk you through every area of your life, including Health - Wealth - Body Image - Conquering Fear - Overcoming Bad Habits & Addictions -Love & Relationships - Work & Career. You'll discover new questions that will empower you to have more control, more freedom, and more abundance in every area of your life. What are you waiting for?

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