

Clarity Affirmations Positive Daily Affirmations To Have More Clarity Of Mind Using The Law Of Attraction Self Hypnosis Guided Meditation And Sleep Learning

Now you can easily and quickly harness the power of your subconscious and finally achieve the sales success and abundance you desire and deserve. If you want to be highly successful in sales - FAST! - you must rapidly reprogram your powerfully influential subconscious self-talk with positive affirmations! Ordinarily, repeating enough affirmations, in an effective format, on a consistent daily basis is very tedious. "ULTIMATE SALES MOTIVATION AFFIRMATIONS," by John Scevola, will make this critical reprogramming process easy, quick, and enjoyable for you. "ULTIMATE SALES MOTIVATION AFFIRMATIONS" chapters include: (1) Motivation, (2) Goal-Setting, (3) Procrastination, (4) Initiative, (5) Perseverance, (6) Sales, (7) Selling Online, and (8) Success. "ULTIMATE SALES MOTIVATION AFFIRMATIONS" features powerful motivational affirmations that have been formatted and condensed into a very small size and then embedded between each of this book's thousands of visible inspirational, funny, and/or educational quotations. As you just read and focus on a chapter's visible quotations, simultaneously, without effort, your subconscious mind will also automatically memorize the powerful condensed affirmations of desired beliefs embedded between them. "THE REASON YOU might not be creating the life you want is that you are making most of your decisions unconsciously, and most of your subconscious policies (programs and rules) are fear-based and inaccurate. These inaccurate policies are sabotaging your success, because they don't want the very things you think you consciously want." ?Kimberly Giles, author of Choosing Clarity "NEGATIVE BELIEFS AND complexes are stored in your subconscious mind and create a weakness, which will not let you succeed in life." ?Sunday Adelaja, author of Money, Riches, Wealth "IT IS WELL understood in psychology that the subconscious mind has the dominant influence on human decision making, and therefore the pivotal role of the subconscious, for you to achieve success, is inescapable." ?Kevin Michel, author of Subconscious Mind Power "MORE THAN NINETY-FIVE percent of your brain activity, as you consciously read this sentence, is being used by your subconscious mind." ?Kevin Michel, author of Subconscious Mind Power "TO SHIFT YOUR life in a desired direction, you must powerfully shift your subconscious." ?Kevin Michel, author of Subconscious Mind Power "IT IS PSYCHOLOGICAL law that whatever we desire to accomplish we must impress upon the subjective or subconscious mind." ?Dr. Orison Swett Marden, founder of SUCCESS Magazine "THE SUBCONSCIOUS MIND can't tell the difference between what's real and what's imagined." ?Bob Proctor, author of The ABCs of Success "YOU AFFECT YOUR subconscious mind by verbal repetition." ?W. Clement Stone, Author of Success Through a Positive Attitude "OUR SUBCONSCIOUS MINDS have no sense of humor, play no jokes and cannot tell the difference between reality and an imagined thought or image. What we continually think about eventually will manifest in our lives." ?Sidney Madwed, author of How to Use Poetry to Get Better Result In Your Life "ONE COMES TO believe whatever one repeats to oneself sufficiently often, whether the statement be true or false. It comes to be dominating thought in one's mind." ?Robert Collier, author of Riches Within Your Reach "THIS IS WHY motivational activities, such as reading inspirational quotes, are so impactful for people committed to positive thinking. By focusing your thoughts on uplifting ideas, your subconscious will begin to implement a positive pattern in your way of thinking and your outlook on life. ?Brian Tracy, author of Change Your Thinking, Change Your Life "WE CANNOT ALWAYS control our thoughts, but we can control our words, and repetition impresses the subconscious, and we are then master of the situation." ?Florence S. Shinn, author of The Game of Life and How to Play It

Heal Your Body A-Z is a fresh and easy step-by-step guide, set up in an A-to-Z format. Just look up your specific health challenge, and you will find the probable cause for this health issue, as well as the information you need to overcome it by creating a new thought pattern.

I'm busy, you're busy... we are all busy! The busyness phenomenon in today's society is all consuming, and tricks us into believing that multitasking is an efficient way to get things done. In reality, it makes us less productive, less effective, and more overwhelmed. This book is a roadmap for busy women who want to manage their lives more purposefully and efficiently. Find useful tips to help tame your busy lifestyle and teach you how to effectively maximize your time... the next closest thing to adding more hours in your day!

Positive Affirmations for a Badass Fans of Rachel Hollis and Girl, Wash Your Face will love Becca Anderson's Badass Affirmations Even a badass needs daily affirmations: We all need reminders. You don't leap out of bed knowing you are amazing and about to have an incredible day. All of us have a lot of demands, pressures, to-do's and responsibilities. We find ourselves rushing around, working hard to please others. Often we find ourselves at the back of our own bus, having made everyone else happy but our own damn self. Then you go and beat yourself up about it. Let's stop that, shall we? The incredible art of self-affirmation: Positive living and affirmation queen Becca Anderson reminds you that you are pretty darn great. I had to learn to remind myself, but you know what? It feels pretty darn good. It is even kind of addictive in the best way. There are reasons we need esteem boosters. We pick up scars and get bumps and bruises in daily life. If you had a bad childhood, you have old "tapes" from poor parenting looping through your unconscious brain. "You'll never amount to anything. You're not good at sports. Your sister has a better singing voice than you, so we're sending her to music camp and you can stay behind and babysit." Even nice moms and dads perpetrate these parenting errors that leave marks on our souls. But, we can overcome with the right mix of badass affirmations. Every day and in every way, you can learn the art of self-affirmation. Self-affirmation adjustment: If you find yourself feeling overwhelmed and drained by life's busyness and demands, stop in your tracks and do an attitude adjustment, or more specifically a "gratitude adjustment." You have need for some "me TLC" and a dose of radical self-affirmation. In Badass Affirmations you will: • Learn the habit of affirming yourself daily • Experience a life filled with love, joy, fulfillment and satisfaction • Take control of your destiny • Strengthen your self-esteem

All of us need positive affirmation throughout our lives. As children, these powerful messages helped us to know that we were worthwhile, that it was all right to want food and to be touched, and that our very existence was a precious gift. The messages that we received from our parents helped us to form decisions that determined the course of our lives. If we were raised with consistent, nurturing parents, we conclude that life is meaningful and that people are to be trusted. If we were raised with parents who were addictively or compulsively ill, we determine that life is threatening and chaotic--that we are not deserving of joy. These are the crucial decisions that impact our lives long after we have forgotten them. Unfortunately, childhood judgments don't disappear. They remain as dynamic forces that contaminate our adulthood. When childhood needs are not taken care of because of abuse or abandonment, we spend our lives viewing the world through the distorted perception of a needy infant or an angry adolescent. The more we push these child parts away, the more control they have over us. This collection of daily meditations is dedicated to those adults who are ready to heal their childhood wounds. It is through this courageous effort that we will move from a life of pain into recovery.

Money Loves Clarity Is Having a Money Mindset Necessary to Make Money? There are many ways people can make money. The question is, why do you even need a money mindset if making money is easy? While the dynamics of making money may be easy, if you are not taking the right steps, you won't be making enough for it to be worthwhile. You not only want to optimize your money-making abilities, but you also want to keep the money that you do make. Further, you want to make it grow in the fastest possible manner and by the most amount. For this, you certainly want to consider taking on a money mindset. You need to focus your efforts on opportunities that will give you the highest return. Most people aren't taught how to do this. They learn it by trial-and-error. Which means, they will likely do the wrong things that will cost them a lot of money. That money took a long time to make. As people age, they have less time to recoup the losses. It's also tougher to get jobs when you get older. Learning about the right approaches to money management can counter all of these problems. You

can try trending passive income techniques to earn money for yourself, but like everybody, you will want to invest your money and get them earning more for you instead. Changing Your Financial Outlook with the Proper Money Mindset. If you look at the profiles of wealthy people, you will find they have a different mindset than others. They know the value of money, and they know the fundamental factors of how to make their money grow. If you are not yet wealthy and feel you are struggling, take some tips from these wealthy people. If your money grows on its own, and the money that you earn ends up growing as well, it's only a matter of time when this amounts to a decent sum of money. And if you keep adding to the balance, that money will also grow along with it. The situation is a bit more complicated today with government taxing the growth of money. But, you can invest in an IRA or 401K and have that tax deferred until some future period. Stay out of debt as much as possible. The debt will drain your savings and your portfolio. There can be smart uses of debt as long as the result of using that debt brings in more money than the debt itself. But, most debt should be avoided to keep your financial outlook stable.

Licensed clinical psychologist, intuitive counselor, and upcoming Bravo celebrity Carmen Harra shows readers the power of karma! When it comes to our interactions with family, friends, and the people we live with or work with, the drama can be overwhelming and confusing if we aren't guided by love—the karmic cure for every hurt, rift, misunderstanding, conflict, and betrayal. In her new book *Karma Queen: The Truth About Karma and Relationships*, Carmen Harra draws upon her knowledge of psychology and metaphysics, her experience as a therapist and counselor, and her own relationships to help readers untangle the complexities of their relationships and get the most out of them. This book applies Carmen's ideas to all types of relationships, because she firmly believes that karma affects every relationship in our lives—including whether we ever meet our soul mate. Rich in practical, solid advice, the book will also feature stories drawn from Carmen's new reality show and from her life.

If you've always wanted a wealthy mindset, but suffer from negative thinking, keep reading.... Are you sick and tired of not being able to manifest the abundance that you desire? Have you tried endless solutions but nothing seems to work for more than a few weeks? Do you finally want to say goodbye to repetitive thought cycles and endless self-help niches, and discover something that works for you? If so, then you've come to the right place. You see, a wealthy and successful mindset doesn't have to be difficult. Even if you've tried other forms of mental reprogramming without results, it is not that hard. In fact, it's easier than you think. A study from *Neuroscience of Consciousness* published by Oxford Academic demonstrated that hypnosis is effective in aiding a number of conditions. Also, another report from The Hypnosis Training Academy found that hypnosis acts as a form of cognitive hypnotherapy for depression, which has a direct effect on neurotransmitters in the brain. This means you can get the confidence and mental clarity you wish without having to go round in circles. Here's what you'll discover:

- Untold truths you should know about mindset and money
- 5 harmful myths society tells you about the power of hypnosis
- How to increase your wealth with just one simple shift
- A cool tip/ trick used by Jeff Bezos that helps you live your best life
- The biggest mistake people make in hypnosis ...and two in-depth guided hypnosis sessions as well as unseen wealth positive affirmations!

So, even if you're prone to negative thinking, failures, and despair, you can become the brilliant mind you know to be deep down inside with wealth positive hypnosis and affirmations. If you have a burning desire to radically shift your confidence and achieve the mental mastery you desire, get this book today!

The Art of Inspiration is a wonderfully rich guide to exploring new directions within one's life. Affirmations assist with unlocking the barriers created in a lifetime, and they offer guidance to all generations, adding positive awareness to refresh the hidden gems of the soul.

Promotes awareness of mind/body/spirit connection and provides techniques for healthier living.

I Welcome Love, Success, happiness, Inner Peace and Clarity Into My Life .Positive Self-Affirmations Notebook Journal 8 X 10 in (20. 32 X 25. 4 Cm)self Affirmation Journal (Positive Self . . Books Notebook Journal Series)

A best-selling, practical guide for daily use of affirmations—statements of truth that one aspires to absorb into one's life—presented in a method designed to overcome deeply rooted, negative thoughts at the subconscious level. Contains 52 affirmations and prayers devoted to strengthening qualities such as will power, patience, good health, forgiveness, security, and happiness.

This Positive Self-Affirmations notebook Journal it to use as a to-do-list book or journal to specialise in what you wish to try and do at constant time cue yourself of the positive and affirmations in your mind. positive affirmations, you'll assist you to develop confidence and a healthy dose of shallowness. This composition book or notebook is right for: -Birthday Gifts for teenagers and adults -Special occasions -Student's gifts -Stationery gift pack -Office staff and friends -Use as a journals or pad of paper And for capturing concepts and far a lot of....8 x 10 in (20.32 x 25.4 cm)136 pages

Endure provides a cultural kick, practical tips, and thought-provoking questions to assist you on your journey of self-love, self-improvement, and self-acceptance. Endure offers encouragement, reassurance, and inspiration for those needing to make a change. Endure encourages hope for those who will believe in the positive and shake free of the negative.

Endure is for the physically weary, emotionally defeated, and brokenhearted in hopes that they will be transformed by the renewing of their mind. Endure is for those who want to self-improve and put a painful past behind them and open their hearts to the purpose and power that their lives hold before them. With a little bit of laughter, tears, and a whole lot of stepping on toes, Endure forces us to look at our ugliest moments, our messiest thoughts, and our pettiest ways and take steps to correct them and move forward toward a more positive and optimistic life. If you truly believe in yourself, it is possible for you to heal, change, and love yourself unlike anyone else can. Endure.

Why do we need to practice Gratitude? Giving gratitude for your life creates positive energy to shine from the Divine being that is You. It sets you up for the day in a calm, open state of awareness of all things around you. All things on earth are made up of energy positive or negative. Positivity attracts positivity which is why starting your day off on the right foot makes for a more harmonious, productive, and fruitful life. New possibilities will open up for you like magic as you practice your daily routine of giving thanks and striving to be a better version of yourself. Different energy will start to radiate from you and others will see you in a new light bringing into your life other like-minded people to enrich your journey. The features of your journal: Attractive, easy-to-use layout for your work. An introduction about gratitude and using crystals to deepen your practice. Each day has a different affirmation or you make your own. A page of quotes from 6 influential people to help inspire you. Printed on quality white paper. 190 pages in your journal. Enjoy Your Journey of Self-Discovery.

"Every thought I think is creating my future." So begin the 52 affirmations of Ani Trime, a beloved teacher in the Tibetan Buddhist tradition who began her own life as a gruff, plainspoken West Virginian. Noted for her humor and no-nonsense

approach to spiritual practice, Trime offers wise uplifting affirmations that will resonate with everyone. Collected in an appealing, pocket-size volume, Ani Trime's Little Book of Affirmations features original illustrations created by 39 well-known contemporary commercial artists. This publication conforms to the EPUB Accessibility specification at WCAG 2.0 Level AA.

From the New York Times best-selling author of *You Can Heal Your Life* Mirror work has long been Louise Hay's signature method for cultivating a deeper relationship with yourself and others, and leading a rich and meaningful life. Now, in *Mirror Work*, she shows how in just 21 days, you can master this simple but powerful practice as an ongoing support for positive transformation and self-care. "I have been teaching people how to do mirror work as long as I have been teaching affirmations . . . The most powerful affirmations are those you say out loud when you are in front of a mirror, looking deeply into your eyes. A mirror reflects back to you the feelings you have about yourself. It makes you immediately aware of where you are resisting and where you are open and flowing. It clearly shows what thoughts you will need to change if you want to have a joyous, fulfilling life." - Louise Hay

Knowing and utilizing the theory of positive thinking underlying affirmations, as well as employing these affirmations sensibly, is the key to success. It's not about me; it's about integrity. I was doubtful, too, until I saw the power of positive affirmations. I want to make a meaningful difference in your life, and I want you to succeed by living a full and happy life. What's being widely regarded as "one of the most life changing books ever written" may be the simplest approach to achieving everything you've ever wanted, and faster than you ever thought possible. What if you could wake up tomorrow and any-or EVERY-area of your life was beginning to transform? What would you change? The *Miracle Morning* is already transforming the lives of tens of thousands of people around the world by showing them how to wake up each day with more ENERGY, MOTIVATION, and FOCUS to take your life to the next level. It's been right here in front of us all along, but this book has finally brought it to life. Are you ready? The next chapter of YOUR life-the most extraordinary life you've ever imagined-is about to begin. It's time to WAKE UP to your full potential...

What is the thought you thinking right now? Is it an empowering thought? Is it a thought about the argument you had yesterday? Is it a thought about what you have to do tomorrow? Is it a thought about what you saw in the news?

Whatever that thought is; you are using it to create your own reality. We are deeply engrossed in a time trap called a past, a present and a future. For many of us, we lock ourselves into internal and external conversations that revisit the past or speak about a future; filtered through our past memories. Through continuous internal dialogues, we tend to attract to ourselves analogous circumstances and relationships over and over again. We change jobs only to be confronted with the same problem employees or bosses. We get out of one relationship and find ourselves engaged with the same type of person. At points we ask ourselves: Why am I experiencing this again? Why do I keep attracting the same thing over and over again? Why ME every time? You are destined to be happy and joyful, you are destined to enjoy the true nectar of life called abundance, you are destined to be in perfect health and wellness and you are destined to be wealthy and ever prosperous. Following the simple steady steps mentioned in this book, you will be, do or have anything you want in your life and be in perfect harmony with your true self. At the end of every chapter you will find Affirmations and associated Visualizations, which are tailor made for your success. There are 7 'Power Exercise for the Day'. Follow those very simple steps as your daily homework for next 7 Days. Those are affirmations and visualization tailor made to realign your thought process, unleash your truest potential and bring in happiness, peace, prosperity, wealth and abundance. In the book "7 days Winner " you will discover ways to quickly break negative patterns that have been holding you back and create positive habits that can instantly improve your life. And, you'll discover how to stay motivated so you can continue to be successful. So even if you're time-starved you'll still be able to find the time to recognize what's working and what's not. As you change your limiting beliefs, you'll find that you generate more success in your business, expand your personal relationships, and improve your health. "5-minute Habits" contains a wealth of ideas to take positive action to improve your life. Chapter 1: Introduction Chapter 2: Day 1-Choose Your Thoughts Carefully Chapter 3: Day 2-Be the Change Chapter 4: Day 3-The Magic Called Law of Attraction Chapter 5: Day 4- Using Law of Attraction for Manifesting Success Chapter 6: Day 5- The Power of Goal Setting Chapter 7: Day 6-Expressing Gratitude Chapter 8: Day 7- Say No to Your Limiting Beliefs Chapter 9: Begin the Journey Chapter 10: Powerful Affirmations for Your Success Bonus – A never before seen step by step bonus to help you blast away negative habits once and for all through positive Affirmations Affirmations for Healthy Weight and Body Image Affirmations for Self-Confidence and Self-Belief Affirmations for Abundance and Prosperity Affirmations for Life Purpose Affirmations for Inner Peace Affirmations for Opportunity Affirmations for Love Affirmations for Healing Affirmations for Inner Clarity Affirmations for Self-Love Download this now and start living your greatest life in just 7 days through simple Affirmations and Visualizations.

The Principles Always Work If You Work the Principles Get ready to transform yourself for success. Jack Canfield, cocreator of the phenomenal bestselling *Chicken Soup for the Soul®* series, turns to the principles he's studied, taught, and lived for more than 30 years in this practical and inspiring guide that will help any aspiring person get from where they are to where they want to be. The *Success Principles™* will teach you how to increase your confidence, tackle daily challenges, live with passion and purpose, and realize all your ambitions. Not merely a collection of good ideas, this book spells out the 64 timeless principles used by successful men and women throughout history. And the fundamentals are the same for all people and all professions -- even if you're currently unemployed. It doesn't matter if your goals are to be the top salesperson in your company, become a leading architect, score straight A's in school, lose weight, buy your dream home, or make millions of dollars--the principles and strategies are the same. From learning these basics, you can then tackle the important inner work needed to transform yourself. After this inner work, you can turn to building a "success team" and the important ways of transforming your relationships for lasting success. Finally, because success always includes a financial dimension, you can learn to develop a positive money consciousness along with the habits

Online Library Clarity Affirmations Positive Daily Affirmations To Have More Clarity Of Mind Using The Law Of Attraction Self Hypnosis Guided Meditation And Sleep Learning

Start your days with a grateful heart and a clear mind! Start your days happy! Commit to practicing the habit of journaling your gratitude and your insights in the next 50 days! This Journal is a simple way to start your days with intentional awareness and a positive mindset. How it works: each day has a structured format divided into two pages. In the first section, every morning you will make a list of the things you are grateful for in your life, set your intention for the day, and write your positive affirmation of the day. The second section, for morning or night, provides a new question each day to help you gain clarity and a deep sense of awareness. Having clarity keeps you focused, and action-oriented towards what you want to achieve. Benefits of practicing gratitude: when you start making a conscious effort to practice daily gratitude, over time you will reprogram your mind to effortlessly notice even more good things already present in your life, improving your state of happiness, vitality and joy. Set daily intentions: each day you will be guided to set your intention for the day. Being intentional about your days and the results you want to achieve will help you keep focused on your goals and the actions you need to take. Write positive affirmations: the daily use of empowering affirmations will help to replace negative thoughts, and create new positive patterns of thought to assist you on your journey to create the reality you desire. Gain clarity: the meaningful questions each day will challenge you to think where you are in your life, and where you want to go. You'll develop awareness of yourself and you'll also start to acknowledge all your blessings. 50 Days of gratitude and self-discovery: start the next 50 days of your life in a happy way, and day after day you will strengthen the positive muscles in yourself. Get a copy today and start creating space for more gratitude and clarity in your life. Gift your loved ones too, and start your journey together!

A new reflection of me is a self-help book written specifically for women to help them cultivate and build their self-esteem with daily affirmations and positive self-talk. It addresses key pain points that every woman can relate to and includes moments of reflection through self-evaluation. Filled with real-life examples that will not only motivate, but help restore the reader's self-esteem to a healthy place by identifying ways to re-deposit daily in to her tank of self-love. You will learn how to: - Restore your love/power balance - Discover and cultivate your self-worth - Love yourself unconditionally - Maintain inner peace and joy - Transform negative self-chatter into positive self-talk For the last seven years Una has been creating positive affirmations for herself and her daughters to create positive habits in their lives, and she feels that is really important to share with others. Through her affirmations she found her inner self, her light, and she knows her purpose in this lifetime. She wants to give those who are struggling a tool to make the change they need to find positivity and happiness in their lives and discover how beautiful, special and magical we all are. Una says "We have the power within us to create whatever we want in this world. Affirmations are the tool that can help us to get more clarity and direction in the now. I want to share the love of their power."

2020 Law of Attraction Vision Journal is designed to help guide you with your goals for 2020. Creating clarity in goal setting, attracting abundance into your life through positivity and gratitude. We are what we think about most of the time.....thinking and writing down your goals help with clarity of mind, and the clearer you become about what you want from life the easier your goals will move towards you. Through repetition, your clarity will increase, you will be more confident in what you are trying to achieve this year and more focused to get there quickly. This 8x10 inch Journal has more than enough space to write in and is set over 99 pages, with goal setting tasks, gratitude journaling, and visualization techniques. At the end of your journal, you should have clear set goals and be focused on what you would like to achieve looking forward.

The Miracle! In this book Nicholas presents you a practical, unique, subliminal, very simple, detailed method of how to Break Free of Overthinking and Reclaim Your Life. You will feel the effects immediately and the results will appear very quickly! So it was in my case. You will not achieve fulfillment and happiness until YOU become the architect of your own reality. Imagine that with a few moments each day, you could begin the powerful transformation toward complete control of your own life and well being through this unique, subliminal method combined with positive affirmations. The order of words is extremely important for every book written by Nicholas. These are arranged to be traversed in a certain way so as to eliminate certain blockages in the human being, blockages that are bringing disease or failure on various plans. You don't need a big chunk of your time or expensive programs. Everything is extremely simple! Health, money, prosperity, abundance, safety, stability, sociability, charisma, sexual vitality, erotic attraction, will, optimism, perseverance, self-confidence, tenacity, courage, love, loving relationships, self-control, self-esteem, enthusiasm, refinement, intuition, detachment, intelligence, mental calm, power of concentration, exceptional memory, aspiration, transcendence, wisdom, compassion. You have the ability to unlock your full inner-potential and achieve your ultimate goals. This is the age-old secret of the financial elite, world class scholars, and Olympic champions. For example, when you watch the Olympics, you'll find one consistency in all of the champions. Each one closes their eyes for a moment and clearly affirms & visualizes themselves completing the event flawlessly just before starting. Then they win gold medals and become champions. That's merely one example of how the real power of mind can elevate you above any of life's challenges. By reading this book, you will feel totally that life deserves to be lived and enjoyed every moment and that everything that you propose for yourself becomes easy for you to fulfill. Nicholas will guide you to touch your longed-for dream and will make you see life from a new perspective, full of freshness and success. This book helps you step by step, in a natural way, in just 3 minutes a day, to change your misguided way of thinking and to Break Free of Overthinking and Reclaim Your Life. (NOTE: For good, Nicholas keep the price of the book as lower as he can, even if it is a hard work behind this project. A significant portion of the earnings from the sale of the book are used for these purposes: for charity, volunteer projects, nature restoration, and other inspired ideas to do good where it is needed. If you can not afford to buy the book please contact Nicholas and he will give you a free copy.) You, also have a bonus in the pages of the book that makes you live your success by doing a seemingly trivial thing. You will feel the difference. Yes. The Miracle is possible! Get Your Copy Now!

Paul Williams is an alcoholic. Tracey Jackson is not. But together, these two close friends have written Gratitude and Trust, a book designed to apply the principles of the recovery movement to the countless people who are not addicts but nevertheless need effective help with their difficulties and pain. Williams, the award-winning songwriter, actor, and performer, has embraced a traditional alcoholism recovery plan for more than two decades of sobriety. Jackson, a well-known TV and film writer—and veteran of many years of traditional therapy—has never been a drunk or a drug abuser, but she realized that many of the tenets of Williams's program could apply to her. In Gratitude and Trust, Williams and

Jackson ask: What happens to those who struggle with vexing problems yet are not full-blown addicts? Are there any lessons to be learned from the foundational and time-tested principles of the recovery movement? Whether you're tethered to your phone or you turn to food for comfort; whether you're a perfectionist and can't let things go or are too afraid to fail to even try; whether you can find intimacy only on the Internet or you've been involved in a string of nasty relationships—the first step toward feeling better about yourself and your life is the realization that you are what's standing in your way. Williams and Jackson have designed a new, positive program, based on a half-dozen new affirmations, that can help conquer your vices, address personal dysfunction, and start to brighten the darkest moods. Gratitude and Trust is an essential, inspirational, and uplifting guide to identifying and changing maladaptive behaviors in order to uncover your most productive, healthiest self.

A list of affirmations that the author has heard, or are her own creation, that guide her conduct of life.

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