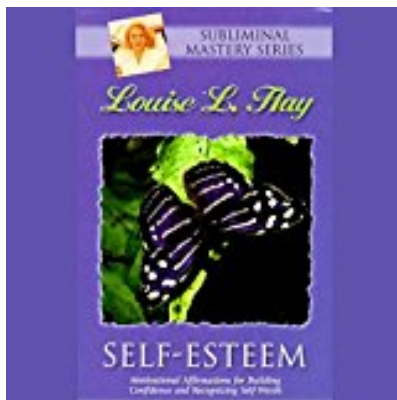


[PDF] Self-Esteem Affirmations: Motivational Affirmations For Building Confidence And Recognizing Self-Worth

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This powerful audio program, created and narrated by Louise L. Hay, contains a series of positive affirmations that will help you experience the joy, fulfillment, love, and wonder that are present in

you right now. Hearing affirmations audibly or subliminally is like the planting of seeds in a well-tended garden. It takes time for them to germinate, take root, and blossom. So, to reap the maximum benefits from affirmations, you need only be faithful and consistent in your use of this program. It is recommended that you listen to it twice a day for at least 30 days. You can easily do this while you relax, work, do your chores, or sleep.

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