

Affirmations for Change, Confidence and Success

What you think, you become

By Diane L. Tusek

PLAYAWAY®

Affirmations are short statements designed to turn negative, destructive thoughts and behaviors into positive.

Negative: I'm so stressed out!

Positive: I am calm, relaxed, and at peace.

Negative: I never do anything right.

Positive: Things always work out for me.

Affirmations for Change,
Confidence and Success
What you think, you become

Guided Imagery Inc. Running Time: 20 Hours
Unabridged

Copyright © 2006 Diane L. Tusek
© 2006 Guided Imagery Inc.
Steven Mark Kohn, music composer,
www.guidedimageryinc.com

Guided Imagery Inc.

PLAYAWAY®

Playaway preloaded audiobooks
are the best way to listen,
unplugged and uninterrupted.

WWW.PLAYAWAY.COM
© 2016 Playaway. Patented. All rights reserved.
Designed in Ohio. Made in China.

ISBN 978-1-61574-702-3



9

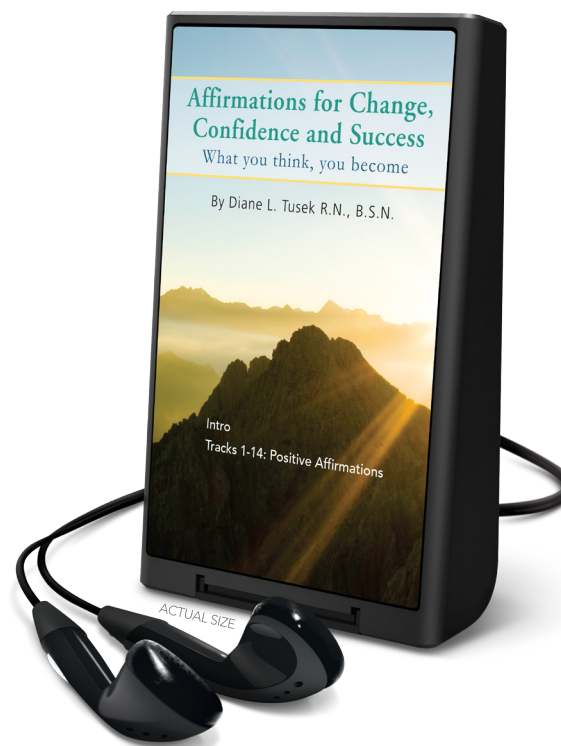
781615747023



LIGHT

PLAYAWAY® and associated logos are registered trademarks of Findaway World, LLC.
31999 Aurora Road, Solon, OH 44139 USA

PLAYAWAY®
THE ALL-IN-ONE AUDIOBOOK



HD LIGHT