

LOOK INSIDE!

Loving the Self Affirmations



Discover the Power of Self-Affirmations
and How to Use Them to Improve Your Life

Lisa A. Romano

Loving The Self Affirmations Breaking The Cycles Of Codependent Unconscious Belief Systems

Lisa A. Romano



Loving The Self Affirmations Breaking The Cycles Of Codependent Unconscious Belief Systems:

Loving The Self Affirmations Lisa A. Romano,2013-02-06 This little book is intended to help you remember who you are Your current life s circumstances are a reflection of what you believe you are worthy of on a subconscious level The key to deliberately manifesting the life you desire is found in healing your subconscious belief systems Use these affirmations daily and often to help you uncover lost truths that may be hindering your ability to ultimately love and accept Self Page 4 of cover

The Codependency Manifesto Lisa A. Romano,2020-06-11 If a child s parent teaches that child to steal and cheat to survive is it the child s fault if they eventually find themselves in trouble with the law What happens to a child in many ways is what leads to what a child becomes Subconscious beliefs that are not turned over like stones become the paths to future life experiences good or bad healthy or not The Codependency Manifesto is designed to help you learn to question your mind To live a truly authentic life we must learn to observe how our mind operates or be doomed to repeat the patterns beliefs and perceptions we have been groomed to accept as truth through the experiences of childhood This book allows readers from all walks of life to envision a new reality for themselves It shares life changing insights and tools that will help you forge a greater understanding of self and find the road back to the real you

Loving the Self Affirmations Lisa A. Romano,2015-09-03 The Center for Disease Control estimates that there is a death by suicide in the United States every thirteen minutes According to the World Health Organization there is one death by suicide every 40 seconds worldwide Staggering statistics that begs to ask the question Why Loving The Self Affirmations Volume 2 is a book that has been written by an author who understands the answer to this intriguing question Her personal experience with emotional abuse suicidal thoughts and depression enhances her ability to speak to a readers soul in a way that only a person who has known the bottomless pits of despair can relate to As an author Romano has penned a book that seems to speak a secret language that lost souls can understand and appreciate Loving The Self Affirmations Volume 2 speaks to what Romano believes is at the root cause of many suicides self alienation and self condemnation Through her personal as well as professional experience as a sought after international Life Coach Romano has discovered that without sufficient proper external validation and nurturing from caretakers children tend to grow up feeling disconnected from their own internal realities Consistently being ignored abused neglected or treated with indifference creates dysfunctional programming within the child s impressionable mind Unchecked data received from the outside causes the child to perceive his her own Self as unworthy and not good enough Loving The Self Affirmations Volume 2 speaks directly to the perceptions that are responsible for the childhood programs that are unconsciously running the persons adult life Brilliantly crafted Romano has found a way to help people detach from their negative thoughts about Self for the purpose of being able to comprehend the possibility of changing those programs In addition at the heart of every affirmation is the message You are enough and always were even if those you loved were unable to love you the way you

Things To Know About Self-Love Etta Arlene,2019-04-29 A 30 Day

Affirmation Guide to help you stand strong against doubt life pressures and facilitate you in loving yourself more You are amazing Start believing the truth of your greatness today What Are Affirmations Affirmations are statements used to change our subconscious mind They are a tool to assist in removing limiting belief systems Think about the things you say to and about yourself Those things you say you ultimately believe as your truths By using positive self love affirmations you will start to reprogram your mind into knowing how awesome you truly are How to Use Affirmations Say the positive affirmation to yourself or out loud all throughout the day Say them until you believe them Feel what you are saying Keep saying them until you know they are true Affirmations can also be used in place of negative thoughts to help release negative thought patterns Every time you say something negative about yourself counter and replace it with a positive one For example if you think My hair looks bad replace the affirmation with I am beautiful About Our Guide Our guide is designed to help you on your journey to self love Self love is so important Everything starts with loving yourself Every day you will receive a new affirmation for 30 days For that day alone repeat the affirmation over and over again with the goal of feeling it as true Though optional you may keep using that same affirmation for several days until you thoroughly believe it If any affirmations really stand out to you use it as long as you may need

101 I AM Power Affirmations Tony Robinson, 2015-01-29 Affirmations are an incredibly powerful tool and used correctly will change your life What is unique about this book is all 101 Affirmations are original and start with I AM and the reason for this is because I am are the two most powerful words known to man because whatever you say after them will determine how you think and feel about yourself It influences your ability to function in the world and the quality of the future that you create for yourself because your words create your reality I AM is the essence of who you are Whatever you say after that will either greatly improve the quality of your life or quickly diminish it By starting your sentence with I AM you are in effect supercharging your affirmation with additional power because when you say those two words you are speaking directly to the core of who you are and if you want to change or improve an area of your life these affirmations in this format will help to facilitate that change Each affirmation is written with a particular intention designed specifically for this book to address the following categories Self Esteem affirmations I AM a good person affirmations Confidence affirmations Success affirmations Inner Strength Affirmations Responsibility Affirmations Gratitude Affirmations Health and Fitness Affirmations Love Affirmations The book includes various techniques to make sure that you get the greatest benefit from each section as well as explaining how to counteract the effects of negative affirmations and negative self speak Without a doubt affirmations can change your life and reverse negative pathologies with new positive programming because affirmations speak directly to the unconscious mind which is where your belief systems originate and informs your conscious mind how you think and relate to yourself Chances are if there is an area of your life that is not working you are using negative affirmations This book will help you to identify those unhelpful patterns and change your belief system to ensure you get the best out of life but are also that you are living the life you want

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