

Guided Journey Through The 6 Affirmations of Gratitude & Trust

This guided meditation is built on the Six Affirmations described in detail in the Book *Gratitude and Trust: Six Affirmations That Will Change Your Life* published by Blue Rider Press and written by Paul Williams and Tracey Jackson.

I have known Paul for number of years, and he and Tracey have written a wonderful, thoughtful and entertaining book that resonates with humility and insight on how to identify and change things in your life through the use of these affirmations.

I was inspired to create this recording in the hopes that it would help readers of the book by giving them this approach to understanding, accepting and integrating these powerful affirmations. I also hope that those who might come to these affirmations through this recording would be inspired to explore the book itself.

"This amazing book is about a revolutionary concept—reciprocity for the soulless—for those who have longed for a spiritual path, healthy company, and a life light to see by." —Anne Lamott

Gratitude & Trust

A NEW YORK TIMES RELATIONSHIPS BESTSELLER

Six Affirmations That
Will Change Your Life

Paul Williams
& Tracey Jackson

Gratitude And Trust Six Affirmations That Will Change Your Life

Tao Wei



Gratitude And Trust Six Affirmations That Will Change Your Life:

Embark on a transformative journey with Explore the World with is captivating work, Discover the Magic in **Gratitude And Trust Six Affirmations That Will Change Your Life** . This enlightening ebook, available for download in a convenient PDF format PDF Size: , invites you to explore a world of boundless knowledge. Unleash your intellectual curiosity and discover the power of words as you dive into this riveting creation. Download now and elevate your reading experience to new heights .

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