



21 Days to Gratitude: How to Appreciate Life More Using the Power of Your Mind (21 Days to Change - A Practical Combination of Self-Hypnosis, NLP, EFT, and Affirmations Book 3)

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Start Cultivating an Attitude of Gratitude Today!

Gratitude can help you to become more resilient in the face of the difficulties life presents, and it can help you to have a greater feeling of security as you let go of worry.

How do I start feeling more grateful?

Start by changing your thoughts. Your thoughts create your world. They create the reality that you experience. This book will show you how to start appreciating your life more by changing the perception you have of your life.

What you focus on, you bring into your life. Start bringing in more of the good by changing your focus!

Simple, Easy To Learn Exercises

Using a practical combination of Self-Hypnosis, NLP, EFT, and Affirmations - The exercises in this book, will help you learn how to use the power of your mind to embrace the beauty of the life you are living right now!

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