

10 Powerful Positive Affirmations and 6 Simple Tips to Put Them Into Practice

author: Andy Grant

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Synopsis

author	Andy Grant
readBy	Andy Grant
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This audiobook contains more than 200 uplifting affirmations to replace the automatic negative thoughts most people's days are full of. This collection includes author Andy Grant's personal favorites - the ones that helped him overcome years of pessimistic thinking, depression, and suicidal thoughts. The affirmations are broken down into six categories for easy reference and this audiobook version gives you time to repeat each affirmation.

- All-purpose affirmations
- Abundance/Wealth affirmations
- Career/Success affirmations
- Growth/Spirituality affirmations
- Health/Wellbeing affirmations
- Relationship/Love (self and others) affirmations

Beyond a collection of positive affirmations, this book shares six easy-to-apply tips that Andy used in his personal turnaround, including freestyling, rituals and many suggestions for creating time for your affirmations. Plus there are super chargers such as the power of "I am" and mirror work. Do not underestimate the power of working with affirmations. This book shows how to get the most from your affirmation work, how to make it fun and maintain it as a lifelong supportive habit. Enjoy!

Reader's comments

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