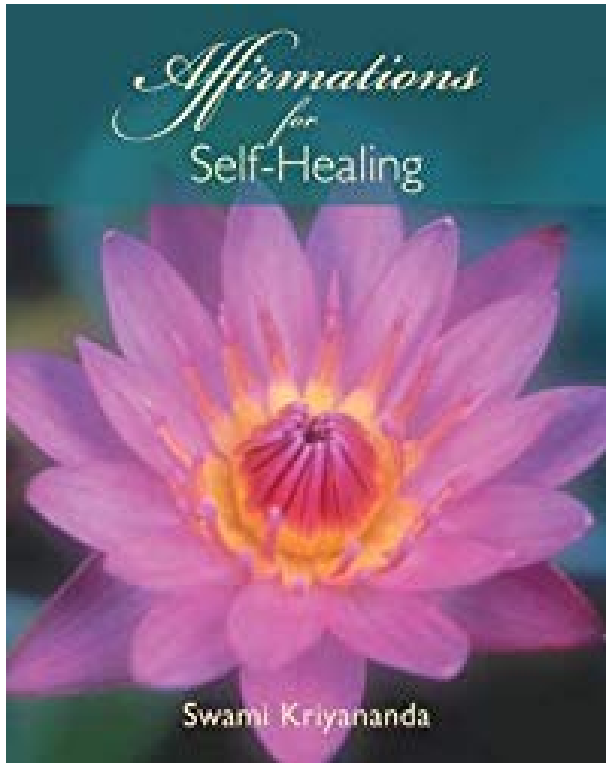


Affirmations for Self-Healing



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Scientists now acknowledge that an individual's thoughts influence their physical, mental, and emotional health. People routinely enlist the help of psychologists and drugs to overcome their deeply rooted, harmful thoughts. This book contains 52 affirmations and prayers devoted to strengthening positive qualities such as will power, good health, forgiveness, security, and happiness. This is a newly revised edition of a spiritual classic, complete with a newly designed 2-color interior. J. Donald Walters is widely considered one of the world's foremost experts on personal development and spiritual practice. He is the author of more than 80 books that have sold over 3 million copies worldwide and have been translated into 27 languages.