



Affirmationen: Transformation des Ichs (German Edition)

Natalie Gemovic

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Affirmationen sind positiv formulierte Sätze, welche unterstützend auf eine Lebenssituation einwirken und zu einer Lösung verhelfen.

Jeder kommt früher oder später in eine Lebenssituation, welche man auch gerne als Problem bezeichnet. Dieses "Problem" gilt es zu bewältigen.

Vorerst sollte man lernen die Macht der Worte richtig zu gebrauchen. Jedes Wort hat einen bestimmten Wert und mit jedem Wort verbinden sich bestimmte Gefühle. Somit kann dieselbe Situation positiv und negativ empfunden werden.

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