

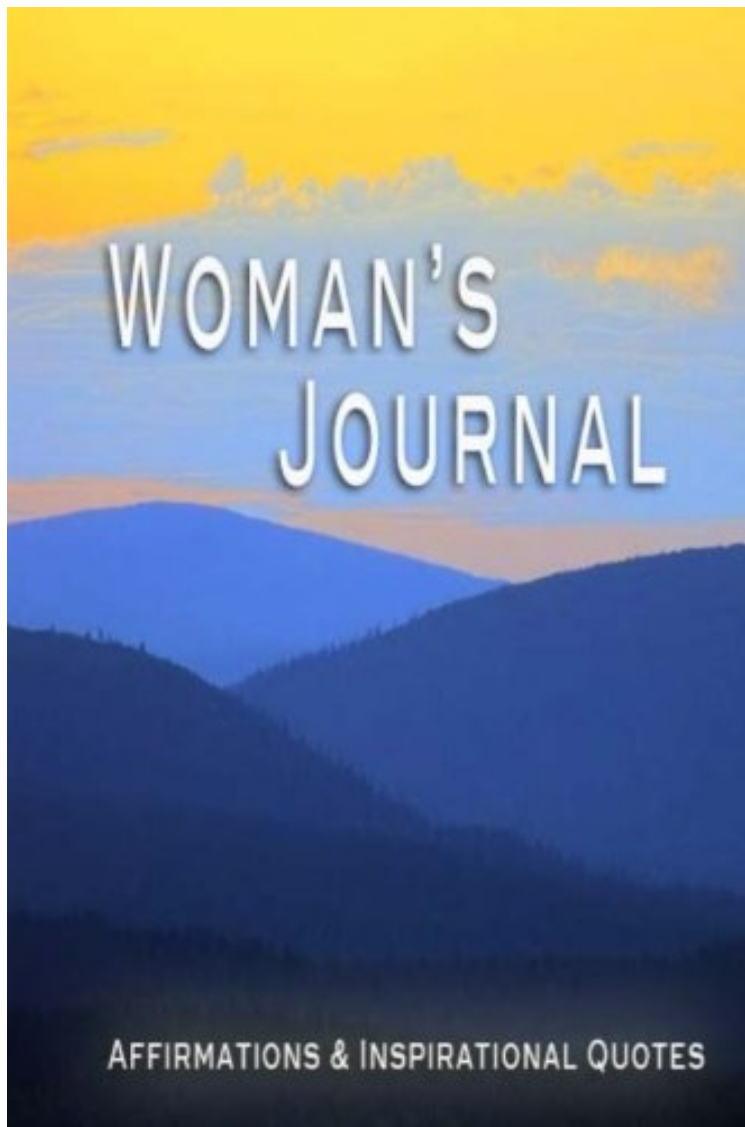
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*Tina A. Hull*

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## **Woman's Journal: Affirmations and Inspirational Quotes**

**Tina A. Hull : Woman's Journal: Affirmations and Inspirational Quotes** before purchasing it in order to gage whether or not it would be worth my time, and all praised Woman's Journal: Affirmations and Inspirational Quotes:

This journal was created for all the women in this vast world. You are amazing, wonderful, special and a blessing to all you come in contact with. Too many of us have the negative voices repeating in our heads and I wanted to help change that. I was inspired by a course I was taking and each time we had to repeat 5 times, "I am great." After

repeating it so many times I began to not just say the words but believe it to be true. Positive affirmations are mixed with inspirational, motivational and thought provoking quotes to drown out those negative voices in your head and change them into positive ones, while you write your thoughts and feelings. Know that you are the best you there is, you are unique and you are great! Enjoy the journey of writing and keep the positive voices in your head. You owe it not only to you but to the world! The sky is the limit!

About the AuthorHi Everyone, I am a Mom of 2 beautiful daughters and a wonderful husband. I created this journal to help improve self-esteem of women around the world. We as women put everyone first and forget about our dreams and desires. I hope this journal inspiring you to write those dreams and desires down and they some day become a reality! I live in the Caribbean on an island of Nevis. I love it here. I loved creating this journal for all the women of the world. Enjoy! and if you like it please leave a review or recommend it to your friends. Here is to your awesomeness.