

Rewire Your Brain 300 Affirmations For Positive Thinking

Reprogramming Your Mind Positive Focus & Success Mindset ...

Rewire Your Brain: 300 Affirmations for Positive Thinking (Law of Attraction Audiobook)

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Your feelings trigger chemicals in your brain that cause physiological responses in your body: stress, relaxation, exhaustion—whatever. Like prayer and meditation, affirmations allow you to take control, harnessing your thoughts, making them work for you, not against you — allowing you to "re-wire" your brain and end your loop of misery.

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Once you have your affirmations and visions in mind repeat them daily and even multiple times if you can. The practice of repeating will wire it into your brain. The neurons in your brain will fire every time and this network will become more and more easily accessible, creating stronger pathways.

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Allow these affirmations to change your thought patterns. Embrace the idea of letting out that optimistic, resilient and compassionate person that is within you. You will notice that when your thoughts change for the better, so does your life. There will be moments in your life that test this wisdom and will try to block your sunshine.

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