



## Life-Changing Affirmations: A 30-Day Plan for Spiritual Transformation

By Vicky Thompson

Red Wheel/Weiser. Paperback. Book Condition: new. BRAND NEW, Life-Changing Affirmations: A 30-Day Plan for Spiritual Transformation, Vicky Thompson, Here is a complete spiritual practice that can be done in just minutes a day with powerful results. This 30-day plan is designed to promote a deeper awareness of five key spiritual qualities - love, intuition, inner wisdom, forgiveness, and service - and bring about noticeable changes in the way we perceive and handle the events in our everyday lives. Each daily affirmation and short meditational prayer focuses on a specific spiritual state.

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