



# 84 Days of Health Inspiring Quotes and Sayings: Inspiring Quotes and Sayings

*Anita Johnson*

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## 84 Days of Health Inspiring Quotes and Sayings: Inspiring Quotes and Sayings Anita Johnson

Life changing quotes to inspire you to health. Did you know your thoughts and what you say to yourself could effect your health? What thoughts go through your mind on a daily basis? This book will help you create positive change by reading healthy quotes of famous people. Study what they think and say to themselves regarding health. Change how you think about health and inspire life changing actions. Containing quotes and inspirational phrases, affirmations from the famous and not so famous, as well as sayings, positive words, and thoughts we can say to affirm ourselves Importance of Quotes: The quotes are literally what healthy people say to themselves on a daily basis giving insight into their self talk. Successful people are known for seeking out quotes to enrich their lives and minds. --We learn from quotes. --Words are food for the soul. --They are from the past experiences and wisdom of those who came before us. --Quotes help us who are struggling with a problem --in this case health. See the problem from the point of view of others who have gone before us. We gain from their experience. It's uplifting knowing that people all over the world and throughout history have struggled with some of the same things we all have and helping us come through it. A list of inspirational quotes can help someone going through an illness, in the hospital, trying to lose weight or change habits. Inspiring them to be who they were created to be. Healthy Affirmations: Affirmations are essentially positive statements that re-program your mind for the positive. The hope is that at the moment you have a self-defeating thought, you counter that negative one with a motivating statement. Two examples of positive affirmations are "I am worthy of great health," or "I see myself running a mile. "Repeating positive affirmations replaces negativity with thoughts that will help you move toward your goals At the start or end of the day, whenever you pick up this book, it will spark a seed of positive change in the journey of life that will grow into a ripe fruit of health. What others are saying... "I love it! The feel is very peaceful and nurturing" --C H "Very Health Inspiring" --BJ "I pick up this book when I need a healthy pick me up!"--EM

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