



## Start Your Day with Katie: 365 Affirmations for a Year of Positive Thinking

By Katie Piper

Quercus Publishing. Hardback. Book Condition: new. BRAND NEW, Start Your Day with Katie: 365 Affirmations for a Year of Positive Thinking, Katie Piper, A beautiful gift edition of Katie Piper's popular page-a-day affirmations book. 'Positive affirmations helped me in my darkest times to focus on my health and happiness, and to remember I was not alone. I know how well they worked for me in regaining my life, and now I want to share them with you.' Be inspired by the uplifting thoughts, quotes and mantras that helped give Katie Piper courage and hope after her rape and acid attack. They are one of the tools she used to rebuild her life. With Katie's guiding messages, you can begin every day on the right track. Keep this book by your side or give it to a loved one, for positive inspiration and inner strength whenever times get tough.

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