



Affirmations®: The Miracle of Positive Self-Talk

By Noah St. John



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Affirmations®: The Miracle of Positive Self-Talk By Noah St. John



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AFFIRMATIONS® isn't just another book on getting what you want. It's a **proven step-by-step guidebook** to living the life of your dreams. INSIDE THIS BOOK, YOU'LL DISCOVER . . .

- 4 simple steps to reach your goals faster than you ever thought possible (page 35)
- How an unhappy employee went from chronic debt to a six-figure income using this method (page 94)
- The 5-word phrase that will attract your desires on complete autopilot (page 53)
- The 10 words that will help you lose 10 pounds—and keep it off! (page 88)
- How to think like a millionaire in less than 5 minutes a day (page 197)

AND THAT'S JUST THE BEGINNING . . .



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Afformations®: The Miracle of Positive Self-Talk

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Editorial Review

Review

“Noah’s methods can literally transform your life—and help you create the masterpiece you truly want and are capable of achieving.”

— **John Assaraf**, Best-selling author of *The Answer* and founder of PraxisNow.com

“If you want to crack your own secret code of success, crack open Noah’s book.”

— **Harvey B. Mackay**, *Swim with the Sharks Without Being Eaten Alive*

“Noah St. John's work is about discovering within ourselves what we should have known all along – we are truly powerful beings with unlimited potential.”

— **Stephen Covey**, *The 7 Habits of Highly Effective People®*

“Noah St. John’s work is one of the most significant breakthroughs in the study of success in decades.”

— **Jack Canfield**, co-author of the *Chicken Soup for the Soul* series

“Noah comes from his heart and shows you how to awaken to your own inner power—through the magic of a single question.”

— **Dr. Joe Vitale**, author of *The Attractor Factor*

“Noah has created a remarkable system that transcends positive thinking and other motivational techniques to help you achieve success. He gives you a step-by-step approach to help you create the life you want and deserve.”

— **John Gray, Ph.D.**, *Men Are From Mars, Women Are From Venus*

“Noah is a brilliant guy who brings huge insight into this problem of embracing success that he quite accurately observes in people.”

— **Neale Donald Walsch**, author of *Conversations with God*

“You’ll never achieve the success you desire until you take Noah’s advice to heart!”

— **T. Harv Eker**, author of *Secrets of The Millionaire Mind*

“Noah St. John is a beacon that will make you more sure-footed on your life’s path.”

— **SARK**, author of *Juicy Living*

“Great leaders know how to lead by example. They also know how to create trust. Noah St. John gives you a simple, proven way to become a true leader, both in your family as well as your professional life.”

— **Stephen M. R. Covey**, *New York Times* best-selling author of *The Speed of Trust*

“Noah will help you reach your dreams faster, easier, and with less effort than you ever imagined possible. He’s amazing!”

— **Marcia Wieder**, CEO, Dream University and founder of AmazingDreamers.com

“Noah has solved the riddle of why so many people sabotage their success, even after they’ve spent

thousands of dollars on self-help programs. He's on the cutting edge of success and I highly recommend his work!"

— **Chris Howard**, author of *Turning Passion into Profits*

"Finally, someone gets to the bottom of why people keep themselves from the success they desire. Noah does an outstanding job of showing you how to overcome the problem once and for all!"

— **Cheryl Richardson**, co-author, *You Can Create An Exceptional Life*

"Noah's methods can help anyone achieve their goals faster."

— **Roger Dawson**, *Secrets of Power Negotiating*

"Using Noah's methods, I tripled my income, renewed my personal relationships, and took my life to the next level of overall wealth . . . all in less than 12 months!"

— **Cari Murphy**, Radio Host

"Noah, I can't thank you enough for all you have done for me! In less than a month, I have become the person I only dreamed about becoming. I fixed my relationships, my money problems, and my career problems thanks to you."

— **Mladen Milic**, Zurich, Switzerland

"Thank you, Noah, for contributing to my business success. Starting from zero, I skyrocketed my business to over \$100,000 in less than 4 months, and Affirmations were an important part of that transformation."

— **Georgina Sweeney**, Entrepreneur

"I went from penniless to a six-figure income in six months thanks to Noah's Affirmations System."

— **Susan Sherayko**, Television Producer

"Noah St. John's work is awesome and sooo very needed in this world right now!"

— **Marie Forleo**, host of MarieTV

"Noah St. John has created a masterpiece with *The Book of Affirmations*. I truly enjoyed this book and believe that I am already on a better path toward success as I implement the principles Noah has so eloquently shared in his book."

— **Nathan Osmond**, Nashville Recording Artist

"If you are looking for a spark to light your inner flame, Affirmations will IGNITE your passion within."

— **John Lee Dumas**, EntrepreneurOnFire

"Noah's work with help you understand what is important in your life and give you a clear path on believing in and achieving your goals. The sooner you read *The Book of Affirmations*, the sooner your true happiness will begin."

— **MaryEllen Tribby**, CEO & Founder, WorkingMomsOnly.com

- **From Anna Jedrzewski of Retailing Insight Magazine:**

"Creator of *Permission to Succeed*® Noah St. John is the go-to guy for 'Abundant Lifestyle' strategies for many big corporations. In his newest edition of *The Book of Affirmations*, he further elaborates on his ideas about why traditional affirmations and positive thinking don't produce the results people expect.

“Readers will learn about the ‘Belief Gap’, the difference between empowering and disempowering questions, how to turn on the built-in automatic search function in their brains, how to combine empowering questions with their desires and appropriate action in order to achieve their goals, and how to stay motivated while working toward those goals. Part III, the bulk of the book, provides specific Affirmations for ten major life categories (health, money, love, etc.).

“Written in the same upbeat, sometimes humorous, style that has made St. John such a popular keynote speaker, the book is highly motivating. Let your customers know that this is something new — neuroscience moves self-help up to a new level. The best news is that readers can start putting St. John’s ideas into practice after reading the first chapter.”

- From Cygnus Review:

“Yes, that really is the right spelling! This is positive thinking with a difference—and one that could radically change your life, although the method and the idea behind it are both amazingly simple. Affirmations are empowering questions that immediately change your subconscious thought patterns from negative to positive by triggering the brain into search engine mode—and Noah explains why this method is the real key to using the Law of Attraction, and how it has already helped thousands of people to improve their lives. This very readable book contains simple instructions and encouraging real-life stories that demonstrate the incredible power we can access when we simply re-program our subconscious mind!

From the Author

Noah St. John here, author of *The Book of Affirmations* and inventor of Affirmations®. I'm glad you made it to this page, because you're about to learn the secrets of having abundance that most people will never know...

I wrote *The Book of Affirmations* because of my "accidental" discovery of Affirmations on April 24, 1997 in The Shower That Changed Everything... You'll read about that in Chapter One...

This new Hay House edition is the 4th Edition of *The Book of Affirmations* which has been in print continuously since 2001. I'm humbled and honored to be a Hay House author, because of the unique connection Hay House authors get to enjoy with their amazing readers around the world.

I hope you enjoy the book as much as I enjoyed writing it...

And I encourage you to share the book and the teaching of Affirmations with your family members, friends, and colleagues at work, because it really can change their lives for the better.

In fact, I feel this is my most personal book yet, because so many of the wonderful things that have happened in my life, have happened because of Affirmations...

You deserve the difference Affirmations can make in your life, too.

Welcome to The Affirmations Revolution!

From the Inside Flap

Noah St. John is famous for inventing Affirmations® and creating high-impact, customized strategies for

fast-growing companies and leading organizations around the world. His sought-after advice is known as the "secret sauce" for creating instant superstar performance in high-growth businesses.

Noah's engaging and down-to-earth speaking style always gets high marks from audiences. As the leading authority on how to eliminate limiting beliefs, his speeches, seminars, and mastermind programs have been called "mandatory for anyone who wants to succeed in business."

He also appears frequently in the news worldwide, including CNN, ABC, NBC, CBS, Fox, National Public Radio, *Parade*, *Woman's Day*, *Los Angeles Business Journal*, *The Washington Post*, *Chicago Sun-Times*, *Selling Power*, *Bottom Line Publications*, and *The Huffington Post*. As founder of the international coaching and training corporation Success Clinic International, Noah delivers innovative products and programs that have helped to improve tens of thousands of lives and businesses around the world. Noah lives in Northeast Ohio with his lovely wife, Babette.

Users Review

From reader reviews:

Jon Gomes:

Book is to be different for each and every grade. Book for children till adult are different content. We all know that that book is very important for us. The book Affirmations®: The Miracle of Positive Self-Talk seemed to be making you to know about other expertise and of course you can take more information. It is quite advantages for you. The guide Affirmations®: The Miracle of Positive Self-Talk is not only giving you far more new information but also being your friend when you feel bored. You can spend your current spend time to read your e-book. Try to make relationship with the book Affirmations®: The Miracle of Positive Self-Talk. You never truly feel lose out for everything in case you read some books.

Mark Whitten:

In this 21st millennium, people become competitive in every way. By being competitive currently, people have do something to make them survives, being in the middle of the particular crowded place and notice through surrounding. One thing that sometimes many people have underestimated it for a while is reading. Sure, by reading a publication your ability to survive raise then having chance to stand than other is high. To suit your needs who want to start reading the book, we give you this Affirmations®: The Miracle of Positive Self-Talk book as beginning and daily reading guide. Why, because this book is more than just a book.

Daniel Bailey:

Do you among people who can't read gratifying if the sentence chained inside straightway, hold on guys this kind of aren't like that. This Affirmations®: The Miracle of Positive Self-Talk book is readable by means of you who hate those straight word style. You will find the facts here are arrange for enjoyable examining experience without leaving actually decrease the knowledge that want to deliver to you. The writer connected with Affirmations®: The Miracle of Positive Self-Talk content conveys objective easily to understand by many people. The printed and e-book are not different in the written content but it just different as it. So , do you nevertheless thinking Affirmations®: The Miracle of Positive Self-Talk is not loveable to be your top collection reading book?

Gloria Castaldo:

Your reading 6th sense will not betray anyone, why because this Affirmations®: The Miracle of Positive Self-Talk publication written by well-known writer we are excited for well how to make book which can be understand by anyone who else read the book. Written inside good manner for you, still dripping wet every ideas and producing skill only for eliminate your hunger then you still doubt Affirmations®: The Miracle of Positive Self-Talk as good book not just by the cover but also with the content. This is one guide that can break don't determine book by its include, so do you still needing one more sixth sense to pick this kind of!? Oh come on your studying sixth sense already alerted you so why you have to listening to one more sixth sense.

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