

Badass Affirmations: The Wit and Wisdom of Wild Women (Inspirational Quotes for Women, Book Gift for Women, Powerful Affirmations)

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#1 Amazon New Release! Positive Affirmations for a Badass

Fans of Rachel Hollis and Girl, Wash Your Face will love Becca Anderson's Badass Affirmations

Even a badass needs daily affirmations:

We all need reminders. You don't leap out of bed knowing you are amazing and about to have an incredible day. All of us have a lot of demands, pressures, to-do's and responsibilities. We find ourselves rushing around, working hard to please others. Often we find ourselves at the back of our own bus, having made everyone else happy but our own damn self. Then you go and beat yourself up about it. Let's stop that, shall we?

The incredible art of self-affirmation:

Positive living and affirmation queen Becca Anderson reminds you that you are pretty darn great. I had to learn to remind myself, but you know what? It feels pretty darn good. It is even kind of addictive in the best way. There are reasons we need esteem boosters. We pick up scars and get bumps and bruises in daily life. If you had a bad childhood, you have old "tapes" from poor parenting looping through your unconscious brain. "You'll never amount to anything. You're not good at sports. Your sister has a better singing voice than you, so we're sending her to music camp and you can stay behind and babysit." Even nice moms and dads perpetrate these parenting errors that leave marks on our souls. But, we can overcome with the right mix of badass affirmations. Every day and in every way, you can learn the art of self-affirmation.

Self-affirmation adjustment:

If you find yourself feeling overwhelmed and drained by life's busyness and demands, stop in your tracks and do an attitude adjustment, or more specifically a "gratitude adjustment." You have need for some "me TLC" and a dose of radical self-affirmation.

In Badass Affirmations you will:

- ❑ Learn the habit of affirming yourself daily
- ❑ Experience a life filled with love, joy, fulfillment and satisfaction
- ❑ Take control of your destiny
- ❑ Strengthen your self-esteem

Badass Affirmations - BJC

Awesome Affirmations for Your Awesome Life

If you affirm yourself every day, you can rule the world. More importantly, you can live a life filled with love, joy, fulfillment, and satisfaction thanks to your own positive self-regard.

Badass Affirmations is the ultimate motivating, encouraging, and uplifting book to enjoy and share. Create your own ideal life and build your self-esteem with these positive daily affirmations. These very wise words have the power to touch our hearts, build confidence, make us laugh, and alleviate our stress—all while realizing the vast potential life has to offer.

Becca Anderson, bestselling author of *The Book of Awesome Women*, serves up a memorable and inspirational banquet of positive self-affirmations, delicious bon mots, quips, and unforgettable quotes from movie stars, musicians, politicians, and women writers. Everyone from Malala to Madonna to Michelle Obama weighs in on the meaning of life with badass wit and timeless wisdom.

"Listen up! These badass women have advice we all need. Some of it will make you laugh and some may make you cry but it is all solid gold wisdom that has the power to change your life for the better."

-Varla Ventura, author of *Sheroes and Wild Women Talk About Love* Becca Anderson is an author, teacher and writing instructor living in the San Francisco Bay Area. Originally from Ohio, Becca's background in women's studies has given her a lifelong passion for empowering women through their own herstory. The author of *The Book of Awesome Women*, Becca Anderson credits her first grade teacher as a great inspiration and runs several popular classes and workshops including "How to Put Your Passion on Paper." Anderson is currently at work on women warriors from ancient and medieval times.

Other Books

Monkey Star! Bintang Monyet Indonesian Version, Mo walks on stage without knowing how to play the guitar. As you can imagine, this do not go well. Later, Mo learns that playing takes lots of practice. Mo berjalan ke atas panggung tanpa tahu bagaimana cara bermain gitar. Kamu juga bisa membayangkan, bermain gitar tidaklah mudah. Akhirnya, Mo mengetahui bahwa bermain gitar perlu banyak latihan.

? ? ? ? ? . Mo walks on stage without knowing how to play the guitar."