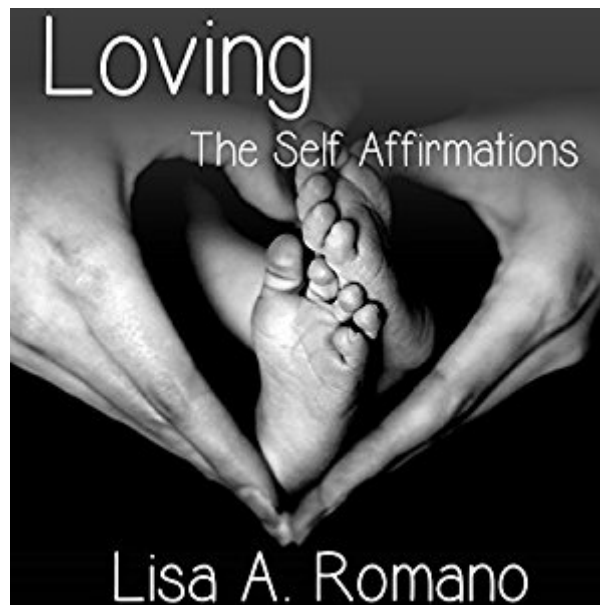




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# **Loving The Self Affirmations: Breaking The Cycles Of Codependent Unconscious Belief Systems**



## Synopsis

These affirmations were specifically created to help heal the unconscious belief systems responsible for low self-esteem - low-self worth - guilt - shame - fear - and primarily codependency. All relationships in life are mirrors of the relationship we have with Self. The relationship we have with Self is the result of the value or lack of - we absorbed about Self when children. If when we were children and forming ideas about Self - we were taught to believe we had no worth - then our ideas about Self are fractured. The only way to truly ever have satisfying adult relationships is to uncover what are ideas are about Self - confront them - feel them - and eventually heal them by deliberating using the power of the mind to create healthy Self concepts. These affirmations, if practiced and meditated upon daily with an open mind - will help to not only uncover faulty programming, but it will help you to learn how to create positive self talk. If these affirmations are adopted mentally, and if they are practiced consistently, your negative patterns of thoughts must change. So too then, will your life.

## Book Information

Audible Audio Edition

Listening Length: 1 hour and 16 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Lisa A. Romano

Audible.com Release Date: November 25, 2014

Language: English

ASIN: B00Q5UYOEW

Best Sellers Rank: #80 in Books > Health, Fitness & Dieting > Addiction & Recovery > Adult

Children of Alcoholics #286 in Books > Health, Fitness & Dieting > Mental Health >

Codependency #2962 in Books > Audible Audiobooks > Health, Mind & Body > Self-Help

## Customer Reviews

Another fabulous book by my favorite author Lisa A Romano. This book is designed to provide you with one affirmation a day, but you can just open to any day and get a beautiful message. Lisa has inspired me and educated me. I have truly learned so much. It's almost as if the great mystery of my life has been revealed. I normally don't leave comments, but I feel so strongly about her healing power I just have to share. All love starts with self love. I highly recommend all of her books.

The author has an excellent understanding of an application needed to reach Adult Children of Alcoholics and Dysfunctional Families. I intend to purchase all of her books as well as watching her You Tube videos for more than an hour each day.

A very beautiful work-book. It contains daily challenges that you can use immediately to help reprogram your mind from a negative, codependent head-space, to a healthier state. I recommend anyone who's become aware of their codependent status that wants to learn a better way of thinking. Highly compassionate, and considerate insights. A+

This is by far the best book that gives the tools I need to reconnect with self. Years of therapy couldn't do that. Those CODA meetings couldn't that. I'm forever grateful to you Lisa for your wisdom and your empathy to help others. I'll keep reading these affirmations. They strike a cord deep in me. Thank you so much Lisa!

Highly recommended for those who grew up in alcoholic families or those who are recovering themselves. This lovely little book contains 60 individual affirmations which together with explaining how co-dependency affects us for the worst provides real solutions. A great book to consult every day for a boost and to keep you sharp and focused on practical things you can do to increase self worth and self love.

LOVE THIS BOOK!! ALL LISA ROMANO BOOKS ARE SUPERB!! YouTube videos are extremely helpful!

This book is for anyone who was taught from childhood that they are not enough. Each day it gives you positive thoughts and helps you understand why you feel like you do. I would recommend this book if you are looking to better understand yourself and a better life.

Loving loving myself. I wish I could say I look at them every day. But I do not. I am busy. But when I do I am happy that I did. I am always amazed that whatever day it is I look at just fits with what I am going through at the moment. I've done short affirmations for a number of years. Short phrases that I can say over and over in my head or out loud. But it is nice having something to mull over a little more deeply. It's sort of like having the explanation for "I am good enough"

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