



# Powerful Life-changing Affirmations: v. 2 : Uplifting Affirmations

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These affirmations have been extracted from the quantum factor life-enhancement series of recordings. You can use them at any time of day and in any place to reinforce the messages imparted by this series. As you listen to these positive and uplifting affirmations, repeat each one, changing the you statement to an I statement, either aloud or in your mind. Imagine each one actually belonging to you. Take ownership of each affirmation, absorbing it into your mind and letting it take root.

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