



## Book of Affirmations (I am Happy)

*Kishan s Chauhan*

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# Book of Affirmations (I am Happy)

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## **Book of Affirmations (I am Happy)** Kishan s Chauhan

Have you ever noticed that when you are upset, angry or worried, your mind keeps replaying the same negative thoughts over and over again. The situation in your mind gets deeper into negativity, your mind starts making the situation worse by thinking about other things and making you question things you would not normally question.

Negative forces are extremely powerful, they are easy to develop and their effects are very disastrous. That is why people have more negative thoughts than positive thoughts. But, do not think for one moment, that negative thoughts are more powerful than positive thoughts.

Negative thoughts are easy to create because they bring nothing more than destruction, positive thoughts are not very easy to create, but once you create them you can destroy any obstacle in your path. You can destroy a million negative thoughts, with just one true positive thought.

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