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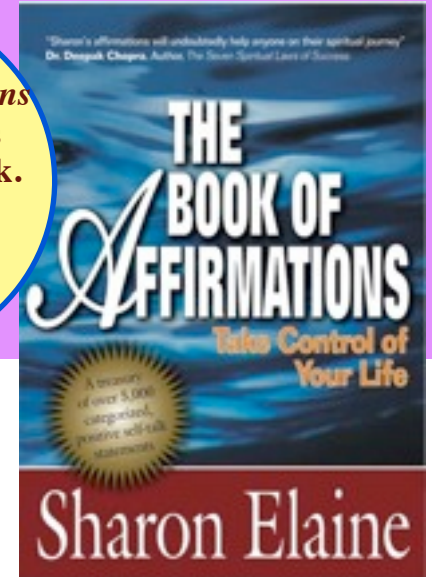
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AFFIRMATIONS FOR LIFE

with Sharon Elaine

Sharon Elaine's *Book of Affirmations* now available as PDF format ebook. \$8.95 US Download your copy now! Get it Now



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Affirmations for dealing with Addictions / Negative Habits

My opinion is that we all have some sort of addiction. Some of us have more of tendencies towards addictions than others, but we all have them. I was addicted to cigarettes in the past... smoked over a pack a day for many years. Thankfully I've been off of them for 14 years. I'm still in the clutches of my food addiction, that I am working on more and more now. Don't be ashamed to admit you have addictions, and don't be ashamed to do something positive about stopping them. They no longer have to have a hold over us.

The Book of Affirmations is personally recommended by Dr Deepak Chopra: "Sharon's affirmations will undoubtedly help anyone on their spiritual journey."

I stop my addiction to caffeine today
I am free from obsessions and addictions of all kinds
I easily refuse drugs of any kind
I have chosen to relinquish alcohol
I enjoy the taste of fruit and vegetable juices
I drink seltzer water when in a bar situation
I'm now free from any eating disorder
I'm now free from using caffeine-laden foods and drinks
Support groups are helpful and I find just the one I need
There are ways to have fun and I choose sober ways
I have the determination necessary to be free of smoking
I have the determination necessary to be free of alcohol

Any drugs I have taken in my past, I release out of my life
I am free from grinding my teeth
I'm free from all temptations to do addictive substances
Biting my nails is part of my past, and I release it now
I am free of any nervous habits
I choose out of negative habits
It's my choice to be free of cigarettes
The addiction to cigarettes has left my consciousness
Chain-smoking is a habit from which I am now free
I release any compulsive and addictive habits
I choose out of smoking



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