



# Sleep Affirmations

200 Phrases for a Deep and Peaceful Sleep

Jennifer Williamson

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## Sleep Affirmations: 200 Phrases for a Deep and Peaceful Sleep



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So much more than great sleep! Williamson offers comfort, inspiration, and compassion.. This is so much more when compared to a sleep book! Beautifully written. It'll serve a purpose to all who read it!! If you are searching for something to help make that transition into slumber a little more peaceful, this publication is for you.! It is gorgeous to look at, gorgeous to hold, and its inner beauty is merely what I need to soothe my soul.We have been dealing with a family crisis (the coma and then death of a family member), and it has been really amazing how calming these affirmations are for me, even in the center of such sadness. However, I frequently find myself looking at the ceiling for hours at 3 am.I've viewed other affirmation books since purchasing this one, and none of these even remotely compare. I'll buy any reserve this author publishes! I love the way each affirmation is written! it helped me drift off faster! Couldn't recommend this reserve more highly This is the book I never knew I needed. I am a big enthusiast of the author's internet site, but was a little skeptical in purchasing the book purely because I got no prior knowledge with sleep affirmations. It has resulted in more restful rest and has me getting up with a more positive lifestyle. You can just tell that each affirmation was written with therefore much love and attention, and it is actually such a treat to fall asleep with one of these phrases in your thoughts and in your heart. It is truthfully something I look forward to every night. Highly recommend! Soothing For Your Soul I really like this sleep affirmations book in every way. So Soothing and Effective This book is fantastic. Great book so far Great book up to now! It is uplifting, validating and rooted in wisdom. Actually helped to put me in a good mindset before I fell off to sleep. This is a blessing to read by the end of a stressful day time, and is also a great present in the center of the day when I need a few moments to balance and center. I've followed Goal Happy on social media marketing (since the starting), and I'm so glad my book has finally arrived. Can't wait to complete it and read it again and again. Perfectly written, easily digestible I love this book so much - I maintain it about my nightstand, and I've given it as something special. It's created thoughtfully, and when you really allow yourself to let your brain savor the words and their intent, the book deeply provides the peace it claims. Really helped to place me in an excellent mindset before I fell off to sleep If you'r! I can't wait to see the next book by this writer!e struggling with much needed rest, then this is the book for you. Thank you for the spiritual tool which will last a lifetime. In fact.!? Loved this small book for thoughts before bed.. Luckily, I usually fall asleep with ease. Very helpful I didn't know I actually was "in crisis" until I'd sought out a therapist who explained just that. An excellent reminder of the importance of treating yourself and the world around you with kindness and affection. Months of exhaustion and dissociation, obtaining this reserve was a blessing. It helps you forget about those pains in order to capture some Z's, her words talk with one's Soul. A true gift. You will need this beautifully written reserve! We've never been proficient at meditating or relaxing my brain. Since I've bought this book it hasn't only helped me to loosen up during the night but it in addition has helped to help ease some very unpleasant thoughts throughout my day time and bring me back down to earth. This author is so genuine in her writing that I can't await future books, most of us need these affirmations!! I couldn't sleep, everything sensed irregular. Through empathy, Ms. Williamson inspires and calms. Each affirmation makes me feel inspired and peaceful and doesn't add enough time to my nightly routine. Precious nighttime reading & great gift! Small affirmations to also encourage my time. However, this beautiful small book delivered and some. Think about some morning hours affirmations, Jennifer, please? This book happens to be my go to present because it's such a particular reminder to treasure the precious nature of sleep. Finally sleeping during the night I'm a girl who needs her rest. when I awaken Personally i think more ready for your day! The affirmations are globe class--very visual, very beautiful, and very

effective. I am reading Jennifer's beautiful rest affirmations every night before bed and I'm pleased to say that I'm once again sleeping through the night. The book is absolutely gorgeous and soothing. A lesson in what this means to become grateful, *Sleep Affirmations: 200 Phrases for a Deep and Peaceful Rest* leaves readers eager to treat each morning as something special and an opportunity to be cherished. Provide yourself and a loved one the present of peaceful sleep. From cover to cover it is filled with words of gratitude, courage, peace, inspiration, and like. Its very encouraging and I swear. But it's so beautifully written that I pick it up from time to time during the day. I truly love the sense of comfort and peace we receive every night as I read a page. This book is a marvelous gift item, not just for someone else, but also for your inner self. I recommend it! Jennifer Williamson is one who we began following on Instagram throughout a period of changeover in my lifestyle. Her encouraging affirmations and posting of her own life occasions, struggles, joys, and development were therefore welcome in my own life throughout a difficult, but required, amount of time in my life's journey. I then added appointments to her blog and internet site, AimHappy.com, that have been all the more fuel for development and getting to know my self, and learning to care for my self better. Then along came her publication, "Rest Affirmations: 200 Phrases for a Deep and Peaceful Rest", and I am extremely grateful for her present! While I had already incorporated meditation and yoga exercises into my daily (and evening) routines, this little book found its place on my nightstand and in my heart. As you who has always cherished sleep, but occasionally wrestled with getting there, or keeping there, Jennifer's assortment of nice, quieting, and soothing affirmations are just what was needed.



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