



Wisdoms and Affirmations: To Give You Wings to Soar

Irene Cabay

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Suddenly thrown from the protective comfort of the idealistic image of a happy marriage this stay-at-home mom found the courage to reinvent herself. She was forced to get a job while still raising a teenager. With the timely intervention of a certain inspirational book and nothing to lose except her low self-esteem, she began to experiment with the idea that she could change her life and its unpleasant circumstances by simply changing the way she thought about things. Fighting against old thought patterns of doubt and insecurity through continuous affirmations, she courageously stepped out of her comfort zone and eventually bought the shop where she worked, the shop next door, and then her competition.

This book contains the ideas, affirmations, and wisdoms she used to gain that success. May they help you as well.

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