



Attract Happiness Affirmations: Daily Affirmations to Help You Achieve a Happy and Joyful Life

Stephens Hyang

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The Law of Attraction is based on the idea that everything in the universe has a "polarity", meaning that everything, from the food you eat to the people you talk to, to the things you say, to the things you think, contains either a positive or a negative kind of energy. Notice that being with people who complain or rant a lot tends to make you feel bad, even though you're not exactly experiencing what they're going through - that's the Law of Attraction working its magic. When you focus on negative stuff, more negative stuff will happen to you. On the other hand, when you focus on positive stuff, more positive stuff will happen to you.

Fortunately, there is a way to manipulate the Law of Attraction and make it work for you: by changing your beliefs using the power of positive affirmations. Positive affirmations give you a fresh pair of eyes to see the world through and therefore give you courage to achieve a lot of things you never knew were possible.

Table of contents:

- Happiness affirmation number one: echo voice, music number one
- Happiness affirmation number two: no echo voice, music number two
- Happiness affirmation number three: voice only

Bonus:

- The Law of Attraction and the power of your own belief
- How to use affirmation effectively
- The benefits of positive affirmation
- The power of repeated words and thoughts
- Using positive affirmations to change your life

"Change your life with the power of positive affirmation." (Author Stephens Hyang)

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