



# Keep Calm and Use an Affirmation

*Cameron McCool (ed)*

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"I am willing to see only my magnificence." – Louise L. Hay

"I give myself absolute permission to be absolutely happy, right now." – Ali Campbell

"Today I have endless opportunities to receive." – Gabrielle Bernstein

*Keep Calm and Use an Affirmation* is the ultimate affirmations book! Bursting with powerful and healing affirmations from Louise L. Hay and leading Hay House UK authors, using this book will bring some seriously spectacular shifts into your life and leave you brimming with positive energy!

Featuring a collection of original and timeless affirmations from Louise L. Hay and a range of leading Hay House UK authors, all affirmations contained within these pages will help you to keep calm and use an affirmation to:

- Love Your Work
- Harmonise Your Home
- Experience More Love
- Flow Gracefully with Change
- Boost Self-Esteem
- Manifest Financial Prosperity
- Heal Your Body
- Forgive Yourself and Others
- Connect to Spirit.

Use this book to start and strengthen your own daily affirmation practice, or refer to it as needed and harness the power of affirmations to uplift and transform all areas of your life. The huge power within these affirmations will propel you forward to a much more joyful experience in any area of your life that you choose to target.

*Keep Calm and Use an Affirmation* also works perfectly as an 'answer book': simply hold the book in your hand, ask a question, and open to connect to your inner wisdom and receive guidance from spirit on the issue at hand... it's the gift that keeps on giving!

Hay House UK will donate 50% of the proceeds earned from the sale of this book to the Hay Foundation.

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