



# I Think, I Am!: Teaching Kids the Power of Affirmations

*Louise Hay, Kristina Tracy*

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**I Think, I Am!: Teaching Kids the Power of Affirmations** Louise Hay, Kristina Tracy

“Your thoughts create your life!” This is the message that **Louise Hay** has been teaching people throughout the world for more than 27 years. Now, children can learn and understand the powerful idea that they have control over their thoughts and words, and in turn, what happens in their life.

Within the pages of *I Think, I Am!* kids will find out the difference between negative thoughts and positive affirmations. Fun illustrations and simple text demonstrate how to make the change from negative thoughts and words to those that are positive. The happiness and confidence that come from this ability is something children will carry with them their entire lives!

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