



# I Am Beautiful: Affirmations for Women

*Diane Mastromarino*

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## **I Am Beautiful: Affirmations for Women** Diane Mastromarino

You are strong, confident, and incredible. You are caring, nurturing, and kind. You are brave and brilliant and unbelievably beautiful. Like most women, you probably have times when you find yourself losing sight of all these wonderful things. This book is for those times.

I AM BEAUTIFUL invites you to turn your focus inward and discover the many facets of beauty existing inside yourself. In a voice filled with comfort and support, these affirmations touch on a variety of issues, from building self-esteem to juggling busy schedules to the acceptance of growing older. This book will help you illuminate your beauty from the inside out, nourish your heart, mind, and spirit, and not only become, but more importantly believe, that you are the true meaning of “beautiful.”

## HOW TO BE BEAUTIFUL

Value your uniqueness.

Create your own standards.

Find inner peace.

Be confident.

Age with grace.

Treat yourself with compassion.

Awaken your inner child.

Embrace love with open arms.

Believe that you are beautiful.

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