



# Dear Beautiful: 31 Days of Affirmations for Women

*Stalina Goodwin*

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## **Dear Beautiful: 31 Days of Affirmations for Women Stalina Goodwin**

NEWLY UPDATED AND REVISED!

Dear Beautiful: 31 Days of Affirmations for Women is a book for the woman who could use encouragement and positivity in her day. Written with the 21st century woman in mind, this book of affirmations holds between it's pages a powerful dose of positivity, encouragement, and inspiration. "Dear Beautiful" provides affirmations in the areas of life most women struggle with –including confidence, self image, self worth, and relationships. It is easy to get caught up in what the coming weeks, months, or years might hold and forget to slow down and live in today. This book of affirmations will help women on their journey to remembering the beauty within, one day at time.

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