

Note to Self: Affirmations to Young Queens

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✓ Verified Book of Note to Self: Affirmations to Young Queens

### Summary:

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This book is intended to empower and influence girls (Queens) to realize they are ENOUGH, to embrace their flaws, and to expand their vocabulary. Affirmations are valuable and powerful. They encourage self-love, self-worth, and self-respect. What we speak, we believe; and what we believe, we achieve. Families can use this book as a bonding and educational experience with their children. After a few times of reading "A Note to Self", the adults will find themselves just as empowered as the child. "Learning that I am and always will be enough has forever changed my life; It is my hope that this book will help change yours."  
---Celina Monique

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