

AHAtop 5 Self Reminders



Phrase books contain 100+ translations. Absolutely fun to read and share.


You Are Beautiful-Loved-Appreciated-Worthy!

All beings want to know and feel beautiful, love and be loved, be appreciated and acknowledged and feel worthy.

Use the URL <http://aha.pub/youareblaw> and make it your daily mantra to you and for others.



Use the URL <http://aha.pub/ThankYou> to show your gratitude to someone.



Spread the love by sharing the URL <http://aha.pub/IloveYou>



Ask someone if they shared a hug today by using <http://aha.pub/sharehug>

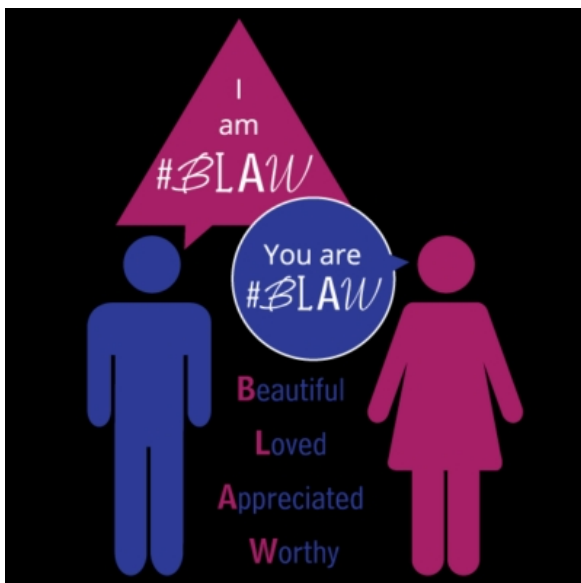


Remind others to do something good today via the URL <http://aha.pub/GoForthDoGood>

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One of my favorite phrases when I am feeling **BLAW** and how this mantra got started is when I am or You are feeling less than, or frustrated, mad, blue, angry I would tell myself or clients to start saying to themselves right away in the moment that they are: **"Beautiful, Loved, Appreciated & Worthy."**



Then my partner, Mitchell Levy, owner and creator of AHAtthat, who does Social Enabled Ebooks created This AHA book for me in 140 Languages, so then I decided I would pick 5 of the top phrases he did in 140 that would be great reminders for people when they needed that pick me up.

So here are the 5 Mitchell Levy and I picked:

- Beautiful, Loved, Appreciated, Worthy
- Thank You
- I Love You
- Did You Share A Hug Today?
- Go forth. Do good.

Please download this .pdf and click on the links. It is **free to register** once you are in <http://www.ahathat.com/> and there are many other amazing E-books, some are free others are not. However I picked these special as a give away.

CLICK ON LINK TO DOWNLOAD:

[Top 5 AHAtthat Self-Reminders](#)

AHAthat™
TOP 5
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THANK YOU
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Saying "I Love You" in 140 Languages
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DID YOU SHARE A HUG TODAY?
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