



## 175 Days of Happy: For Those Recovering from Eating Disorders (Paperback)

By D L Teamor

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This is the premier volume of the 175 Days of Happy Series by D. L. Teamor. Inspired by her own recovery from Anorexia Nervosa and Bulimia, Dr. Teamor is sharing positive thoughts that have helped her along the way. Excerpt: The following affirmations, declarations, decrees, whatever you d like to call them, are written to aid you in your journey. The pronouncements in this book aren t meant to be a cure all; they are meant to be a daily reminder, a confirmation, and an assurance that what you desire will manifest when you come into agreement with the triumph that was planned for you before the foundations of the world. Don t just read these. Proclaim them with authority. Speak them out loud and yell them, if necessary. Make yourself come into agreement with what you are saying. Get out of your own way. Don t ponder reasons why you can t have success, believe that you **MUST** have success. There s no deep hidden secret, there s no magic formula - - decree it, believe it, then receive it!.



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