Includes an affirmation mirror

I SHINE like THE SUN



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I am the one and only ME."

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I SHINE like THE SUN



Daily affirmations to build self-esteem in a new generation



Children's early beliefs about themselves can form the patterns of their lives. Through affirmations, this book aims to give children a sense of well-being as they grow and learn to navigate the world around them. They will be introduced to some key elements—including the Sun, Moon, and Earth herself—coupled with simple yet inspiring phrases to create a positive understanding of themselves and their world.

Alice Alderman

For Stanley and Lola—keep on shining!



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LIKE THE EARTH.