



## Start Your Day with Katie

By Katie Piper

Paperback. Book Condition: New. Not Signed; 'Positive affirmations helped me in my darkest times to focus on my health and happiness, and to remember I was not alone. I know how well they worked for me in regaining my life, and now I want to share them with you.' Katie Piper. Start your Day with Katie is a page-a-day book of Katie Piper's most powerful inspirational thoughts, plus quotes and mantras that helped give her courage and hope after her rape and acid attack. With Katie's guiding messages, you can begin every day on the right track. Let these affirmations help you find happiness and inner strength. They are one of the tools that Katie Piper used to rebuild her life. Keep this book with you or by your bedside table to turn to any time you need a little help in finding peace or inspiration. book.



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