

As Seen on CNN, ABC, NBC, Fox...

The Dangerous Myth of “Affirmations”

Americans spend \$11 Billion a year on self-help programs. The 2006 movie *The Secret* alone grossed over \$300 million. And all of them tell you to use “affirmations” like: “*I am happy, I am rich, I’m getting better and better.*”

Yet a 2009 university study shows that “affirmations” actually make most people feel WORSE, because it makes them think about what’s NOT working in their lives!

Enter **Noah St. John, The Self-Help MythBuster**. In April 1997, he discovered AFFORMATIONS – empowering questions that are creating remarkable results for people around the world...

- Brigid **lost over 150 pounds** by asking one question.
- Gabrielle overcame Graves Disease, an “incurable” health condition affecting **over 3 million Americans**, without drugs or surgery.
- 13-year-old Stefanie from Wisconsin overcame **chronic worry and insomnia** without medicine or therapy.
- Car salesman Omar from Los Angeles made **\$1,800 in 48 hours in a down economy** using Afformations.

Noah St. John, business expert and bestselling author of *THE SECRET CODE OF SUCCESS (HarperCollins)*, shows people how to take out their “head trash” and get back on track after a setback. He’s appeared in over 1,000 media outlets including CNN, ABC, NBC, NPR, *PARADE*, *Woman’s Day*, and *Washington Post*.

“Noah’s work represents one of the most significant breakthroughs in the study of success in decades.”—Jack Canfield, Chicken Soup for the Soul

*“Entertaining and informative: the perfect combination. Noah sure made my job easy!”
—Brian Jud, producer The Book Authority*

See recent TV appearances at <http://NoahNow.com>

Call now to book an interview with **Noah St. John, The Self-Help MythBuster**.

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