



# Today I Will Nourish My Inner Martyr: Affirmations for Cynics

*Sarah Wells, Ann Thornhill*

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**Tonight, by moonlight, I will rake my leaves into my neighbor's yard.**

Had it up to here with sugary-sweet affirmation books that ignore the pleasures of resentment and mean-spiritedness? Tired of the self-helpaholics who've been sipping too much chicken soup? Then this book is for you.

Here are 365 splendidly bitter daily meditations that will appeal to the cynic in you. Nowhere else will you find such odes to self-absorption as:

- Today I will equate material possessions with love.
- Today I will taunt others until they cry, then tell them they are too sensitive.
- Today I will make a new friend based solely on how he or she can further my career.
- Today I will respect my need to sabotage everyone else's success.

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