

## Louise Hay Nederlands

This New York Timesbestseller has sold over 50 million copies worldwide, including over 200,000 copies in Australia. Louise's key message in this powerful work is- of we are willing to do the mental work, almost anything can be healed.o Louise explains how limiting beliefs and ideas are often the cause of illness, and how you can change your thinkingaand improve the quality of your life! Packed with powerful information - you'll love this gem of a book! This special edition, released to mark Hay House's 30th anniversary,contains 16 pages of photographs.

"A much-needed guidebook . . . a treasure chest of insights." – Caroline Myss, M.D. "[A] brilliant new work . . . profound healing advice." – Brian L. Weiss, M.D.Many of us grapple with how to stay happy, calm, and focused in a world that seems to get more complex by the minute. How do we keep our wits about us, our mood stable, and our memory intact when our brains and bodies are bombarded with information and influences from every side? This one-of-a-kind resource combines cutting-edge science with compassion and wisdom to offer answers we can really use.Heal Your Mind continues the three-pronged healing approach that Dr. Mona Lisa Schulz and Louise Hay pioneered together in All Is Well: Heal Your Body with Medicine, Affirmations, and Intuition. Here, it 's applied to aspects of the mind ranging from depression, anxiety, and addiction to memory, learning, and even mystical states. You 'll learn what 's going on in your brain and body when you feel sad, angry, or panicked; you have trouble focusing, reading, or remembering; a past trauma is clouding your mind in the present; and more. And in each chapter, you 'll get a "virtual healing experience" through case studies in the All Is Well Clinic, where Dr. Mona Lisa uses medical intuition to pinpoint issues in a wide range of prototypical client histories and she and Louise offer solutions and affirmations to help restore well-being. Today, we tend to think our minds and bodies need an endless array of expensive, ever-changing pharmaceutical interventions. In truth, medicines are just one approach to healing the mind; nutritional supplements also support mind-body health; and affirmations restore us to balance by changing the way we think.Heal Your Mind puts all these tools at your disposal to help you choose your own path.

Difficult relationships and challenging situations all come down to one thing- drama. In this groundbreaking book, Doreen Virtue guides you through the process of determining your Drama Quotient. You'll discover how much stress you are unnecessarily tolerating and absorbing from other people and the situations you find yourself in. Doreen explains the physiological reasons why you can become addicted to high-drama relationships, jobs, and lifestyles, and how to heal from this cycle. You'll come to understand why traumatic events from the past may have triggered post-traumatic symptoms, including anxiety, weight gain, and addictions-and you'll learn natural and scientifically supported methods for restoring balance to your body and your life. Doreen show you how to- Deal with relatives, friends, and co-workers who are 'hooked' on drama Assess your own level of drama addiction Stop allowing negativity in your life Relieve stress and bring about inner peace Go on an overall Drama Detox to clear away negativity, and let your light shine through!

For decades, Louise Hay has helped people throughout the world discover and implement the full potential of their own creative powers for personal growth and self-healing. In this single volume, you will find three of her most beloved books: ' You Can Heal Your Life is a true classic, with millions of copies in print worldwide. Louise ' s key message here is that "if we are willing to do the mental work, almost anything can be healed." She explains how limiting beliefs and ideas are often the cause of illness, and how you can change your thinking . . . and improve the quality of your life. ' In Heal Your Body, Louise describes the methods she used to cure herself of cancer, which will help you discover patterns in your own health conditions that reveal a lot about yourself. It offers positive new thought patterns to replace negative emotions, an alphabetical chart of physical ailments with their probable causes, and healing affirmations so you can eliminate old patterns. ' The Power Is Within You expands on Louise ' s philosophy of "loving the self" and shows you how to overcome emotional barriers through learning to listen to your inner voice, loving the child within, and letting your true feelings surface. In these pages, Louise encourages you to think of yourself positively and be more accepting of-and grateful for-who you are. The Essential Louise Hay Collection is the perfect read for anyone seeking insights into the mind-body connection, as well as for those who want the pleasure of finally having their favorite Louise Hay books together in one convenient volume!

Reflections on Your Journey

Life!

Heal Your Mind

Brinkman's Cumulative catalogus van boeken de in Nederland en vlaanderen zijn uitgegeven of herdrukte

Sh! Theatre Drink Rum with Expats

Trust Life

Lulu and the Ant: A Message of Love: Lulu and the Dark: Conquering Fears; and Lulu and Willy the Duck: Learning Mirror Work: These three stories were written to help today's child grow up with a strong sense of self-esteem and courage. As adults, we sometimes forget that children have many more issues to deal with than we did when we were their age. They're constantly being put into the position of making choices, and are steadily being barraged with news about the critical state of the world. How children handle these issues is a direct reflection of how they truly feel about themselves. The more a child loves and respects him- or herself, the easier it will be to make the right choice.

The Love Yourself, Heal Your Life Workbook directly applies Louise's techniques of self-love and positive thinking to a wide range of topics that affect us all on a daily basis, including: health, fears and phobias, sex, self-esteem, money and prosperity, friendship, addictive behavior, work, and intimacy. As Louise says, "These exercises will give you new information about yourself. You will be able to make new choices. If you are willing, then you can definitely create the kind of life you say you want."

For decades, best-selling author Louise Hay has transformed people's lives by teaching them to let go of limiting beliefs. Now in this tour de force, Louise teams up with her go-to natural health and nutrition experts, Ahea Khadro and Heather Dane, to reveal the other side of her secret to health, happiness, and longevity: living a nutrient-rich life. Unlike any health book you've ever read, this work transcends fads, trends, and dogma to bring you a simple yet profound system to heal your body, mind, and spirit that is as gentle as changing the way you think. Louise, Ahea, and Heather show you how to take your health, your moods, and your energy to the next level. In Loving Yourself to Great Health, you will • Tap into the secrets Louise has used for decades to supercharge the effectiveness of affirmations and bring your body back into alignment with your mind. • Discover what nutrition really means and how to cut through the confusion about which diets really work. • Learn to hear the stories your body is eager to reveal; and • Uncover techniques for longevity, vitality, good moods, deep intuition, and for meeting your body's unique healing needs at all stages of life. At 88 years of age, Louise has much wisdom to share about what it takes to live a long, happy, healthy life. We invite you to join us on an amazing journey that will turn your life into your greatest love story.

Travel to the land of Oz with Dorothy and find out what inspired the forthcoming film blockbuster Oz: The Great and Powerful

Messages from Water and the Universe

It's Not What You've Got

21 Days to Master Affirmations

The Akashic Tarot

Heal Your Body with Medicine, Affirmations, and Intuition

All Is Well

The Secret Language of Your Body unveils the secrets to understanding the messages of your body, revealing the underlying causes of symptoms and medical conditions, and offers processes for healing. Foreword by Bernie Siegel, M.D. This inspiring handbook delves deeply into the possible reasons for health issues in all areas of your body. Author Inna Segal offers a unique, step-by-step method to assist your body in returning to its natural state of health, including a free thirty-five minute audio download where Inna helps you tune into your body for a powerful healing experience. By encouraging you to connect with your innate healing intelligence and calling on your body's built-in ability to heal itself, Inna gently guides you on a journey of life-changing transformation and empowerment where you will • heal the mental, emotional, and energetic causes of physical ailments • use easy, quick, practical exercises to heal your organs • learn the secret language of disease and powerful processes for healing • understand and release limiting thoughts and emotions • discover how to use color to heal your life • uncover and apply the messages your body has to teach you

This little book is filled with positive affirmations that will show you that your point of power is always in the present moment, and this is where you plant the mental seeds for creating new experiences. Think about how you'd like to live and what you'd like to accomplish. Each day Louise L. Hay will help guide your thinking in positive ways to accomplish these goals. As you read this work, you'll find that you develop new mental habits that you can use for the rest of your life!

For countless people around the world, the words of Louise Hay have served as a beacon, leading them out of the darkness of despair and into the light of a better life. Cheryl Richardson is one of the many individuals whom Louise has greatly influenced. . . . before going on to become a best-selling author herself. So what happens when these two combine their collective wisdom into one book? The result is what you're now holding in your hands. As Louise and Cheryl engage in a series of empowering and intimate conversations, you'll feel as if you're simultaneously having lunch with your best friends and also attending a master class put on by two leaders of the self-empowerment movement. As they travel throughout North America and Europe together, Louise and Cheryl discuss a wide range of topics, including the importance of loving ourselves and our bodies; aging consciously; bringing true prosperity and abundance to the world; manifesting positive relationships—both with family and friends and in the workplace; and facing death in a dignified and peaceful way. These two amazing women are living proof that the spiritual principles they discuss in these pages really work. As you read, you'll discover that you, too, have the ability to create an exceptional life!

As children, Ida loves looking after her younger sister, Nora, but when their beloved father dies in 1926, everything changes. The two young girls move in with their grandmother who is particularly encouraging of Nora's musical talent. Nora eventually follows her dream of a brilliant musical career, while Ida takes a job as a nanny and their lives become quite separate. The two sisters are reunited when Nora's life takes an unwelcome direction and she finds herself, embittered and resentful, isolated in the Tasmanian bush with a husband and children. Ida longs passionately for a family and when she marries Len, a reliable and good man, she hopes to soon become a mother. Over time, it becomes clear that this is never likely to happen. In Ida's eyes, it seems that Nora possesses everything in life that could possibly matter yet she values none of it. Set in rural Tasmania over a span of seventy years, the strengths and flaws of motherhood are revealed through the mercurial relationship of these two very different sisters. The Sisters' Song speaks of dreams, children and family, all entwined with a musical thread that binds them together.

You Can Heal Your Heart

A 62-card Deck and Guidebook

The Science of Compassion

I Can Do It® 2022 Calendar

You Can Heal Your Life 30th Anniversary Edition

Walking Between the Worlds

Life loves you and you have the power within you to create a life you love. Life loves youis one of Louise Hay's best-loved affirmations. It is the heart thought that represents her life and her work. Together, Louise and Robert Holden look at what life loves youreally means - that life doesn't just happen to you; it happens for you. Life Loves Youis filled with inspiring stories and helpful meditations, prayers, and exercises. Louise and Robert present a practical philosophy based on seven spiritual practices. Key themes covered include: The Mirror Principle - practicing the how of self-love Affirming Your Life - healing the ego's basic fear Following Your Joy - trusting your inner guidance Forging the Past - reclaiming you original innocence Being Grateful Now - cultivating basic trust Learning to Receive - being undefended and open Healing the Future - choosing love over fear At the deepest level, our purpose in life is to be a loving mirror to life. Our goal is not just to let life love us but also to love life back. We are here to love the world. If each of us did this just a little bit more, the world would not be such a fearful place.

There are two kinds of families: the ones we are born into and the ones we create. Walk has never left the coastal California town where he grew up. He may have become the chief of police, but he's still trying to heal the old wound of having given the testimony that sent his best friend, Vincent King, to prison decades before. Now, thirty years later, Vincent is being released. Duchess is a thirteen-year-old self-proclaimed outlaw. Her mother, Star, grew up with Walk and Vincent. Walk is in overdrive trying to protect them, but Vincent and Star seem bent on sliding deeper into self-destruction. Star always burned bright, but recently that light has dimmed, leaving Duchess to parent not only her mother but her five-year-old brother. At school the other kids make fun of Duchess—her clothes are torn, her hair a mess. But let them throw their sticks, because she'll throw stones. Rules are for other people. She's just trying to survive and keep her family together. A fortysomething-year-old sheriff and a thirteen-year-old girl may not seem to have a lot in common. But they both have come to expect that people will disappoint you, loved ones will leave you, and if you open your heart it will be broken. So when trouble arrives with Vincent King, Walk and Duchess find they will be unable to do anything but usher it in, arms wide closed. Chris Whittaker has written an extraordinary novel about people who deserve so much more than life serves them. At times devastating, with flashes of humor and hope throughout, it is ultimately an inspiring tale of how the human spirit prevails and how, in the end, love—in all its different guises—wins.

365 affirmations and reflections drawn from the inspirational work of Louise Hay. Queen of the New Age. . . . A founder of the self-help movement. . . . The closest thing to a living saint. . . . Louise Hay was called all this and more, and her work inspired millions worldwide, but she never set herself up as a guru with all the answers. She urged every attendee at her workshops and conferences, every reader of her dozens of books, to remember that it is you who has the power to heal your life. She was just here to guide you on the path of remembering the truth of who you are: powerful, loving, and lovable. In honor of Louise's life, you now hold in your hands this compilation of her most inspiring teachings from her greatest works. Our hope is that the 366 entries within this book allow you to carry the wisdom of Louise with you each and every day, and inspire you to trust the process of Life. As Louise said: "Very simply, I believe that what we give out, we get back; we all contribute to, and are responsible for, the events that take place in our lives—both the good and the so-called bad. We create our experiences based on the words we say and the thoughts we think. When we create peace and harmony in our minds and think positive thoughts, we will attract positive experiences and like-minded people to us. In essence, what I'm saying is that what we believe about ourselves and about Life becomes true for us."

Studies have shown it takes only 21 days to form a new habit to take root. If there's a spiritual skill you've always wanted to take advantage of, the answer is just 21 days away with the 21 Days to Mastery series. Louise L. Hay's teaching on affirmations have sold over 39 million copies worldwide and provided a healing technique that have comforted and healed countless people over the last 30 years. 21 Days to Master Affirmations makes this infinitely powerful skill as easy and as quick to learn as its ever been. You'll discover the power of simple, soothing words can be applied to any problem. Whether emotional or physical, Louise's teachings are available for you to call on at any time. You'll also learn how to create your own personalised affirmation that target persistent, perhaps lifelong personal issues and ailments. This e-book is the ideal introduction to the defining spiritual technique of the last 30 years, now presented in a format that fits into 21st Century living. Start healing your life in just 21 days!

My Greatest Teacher

We Begin at the End

The Essential Guide to Health and Wellness

The Secret Language of Your Body

The Things You Can See Only When You Slow Down

365 Daily Affirmations

**From the New York Times best-selling author of *You Can Heal Your Life Mirror work has long been Louise Hay's signature method for cultivating a deeper relationship with yourself and others, and leading a rich and meaningful life. Now, in *Mirror Work, she shows how in just 21 days, you can master this simple but powerful practice as an ongoing support for positive transformation and self-care. "I have been teaching people how to do mirror work as long as I have been teaching affirmations . . . The most powerful affirmations are those you say out loud when you are in front of a mirror, looking deeply into your eyes. A mirror reflects back to you the feelings you have about yourself. It makes you immediately aware of where you are resisting and where you are open and flowing. It clearly shows what thoughts you will need to change if you want to have a joyous, fulfilling life."* – Louise Hay***

***In You Can Heal Your Heart, self-help luminary Louise Hay and renowned grief and loss expert David Kessler, the protégé of Elisabeth Kübler-Ross, have come together to start a conversation on healing grief. This remarkable book discusses the emotions that occur when a relationship leaves you brokenhearted, a marriage ends in divorce, or a loved one dies. It will also foster awareness and compassion, providing you with the courage to face many other types of losses and challenges, such as saying good-bye to a beloved pet, losing your job, coming to terms with a life-threatening illness or disease, and much more. With a perfect blend of Louise's teachings and affirmations on personal growth and transformation and David's many years of working with those in grief, this empowering book will inspire an extraordinary new way of thinking, bringing hope and fresh insights into your life and even your current and future relationships. You will not only learn how to help heal your grief, but you will also discover that, yes, you can heal your heart.***

**In 2018, island-mokeys Becca and Louise got invited to Valletta, the European Capital of Culture in Malta. They thought they were going to drink rum with Brits abroad, celebrating their final year as Europeans, and make a play. Instead they found corruption, hypocrisy, and murder in the fight to be European. Blending investigative journalism with live art, *Drinking Rum* is more than just another excuse for the multi-award winning Sh!t Theatre to get drunk on stage. In *Addicted to Love*, Jan Geurtz clearly demonstrates how our search for love and approval stems from a fundamental self-rejection. We try to compensate for this by seeking other people's appreciation. But this is counterproductive: it actually makes us more insecure and therefore increasingly dependent. This creates an addiction to love, approval and the security of a relationship. As a result, most romantic relationships eventually fail, or – perhaps even worse – are reduced to dreary co-existence with little room for growth and happiness. With humour and practical examples, Jan Geurtz shows a way out of this vicious circle. Once we have let go of self-rejection, we find that our painful emotions, and also our sexual desires, are the gateway to a state of being that is completely free of restriction and dependence, and is filled with love and clarity – with or without a relationship. Jan Geurtz has written several books on addictions, including the bestseller *Quit Smoking in One Day. He studied remedial pedagogy, education sciences and philosophy of science, and is inspired by Buddhism.***

***Teaching Kids the Power of Affirmations***

***Experience Your Good Now!***

***Heart Thoughts***

***I Think, I Am!***

***How to be Calm in a Busy World***

***R.I.P.D. #2***

Two caterpillars were crawling along a tree branch one day when a butterfly flew overhead. One caterpillar said to the other, "You will never get me up in one of those things." Shift Happens! is about personal alchemy and inner transformation. Some people "go" through life; and other people "grow" through life. Shift Happens! celebrates your unlimited potential to grow, blossom, and evolve in spite of everything. It is a book of hope. The term personal alchemy describes the ability to take a piece of dirt, roll it around a few times, and fashion it into a pearl. This is what an oyster does. Personal alchemy is what your grandmother called turning lemons into lemonade. It is what old wizards described as turning straw into gold. Shift Happens! is about staying open all hours for miracles. Success, love, and happiness are only ever one thought away at most. One new perception, one fresh thought, one act of surrender, one change of heart, one leap of faith, can change your life forever.

"This little book is filled with positive affirmations. Every thought you think and every word you speak is an affirmation. So why not choose to use only positive affirmations to create a new way of thinking, acting, and feeling?...By reading these affirmations—one a day, several at a time, or just by opening the book at random—you're taking the first step toward building a more rewarding life...I know you can do it!" – Louise L. Hay

**#1 NATIONAL BESTSELLER #1 INTERNATIONAL BESTSELLER** What does everyone in the modern world need to know? Renowned psychologist Jordan B. Peterson's answer to this most difficult of questions uniquely combines the hard-won truths of ancient tradition with the stunning revelations of cutting-edge scientific research. Humorous, surprising and informative, Dr. Peterson tells us why skateboarding boys and girls must be left alone, what terrible fate awaits those who criticize too easily, and why you should always pet a cat when you meet one on the street. What does the nervous system of the lowly lobster have to tell us about standing up straight (with our shoulders back) and about success in life? Why did ancient Egyptians worship the capacity to pay careful attention as the highest of gods? What dreadful paths do people tread when they become resentful, arrogant and vengeful? Dr. Peterson journeys broadly, discussing discipline, freedom, adventure and responsibility, distilling the vast wisdom of 12 practical and profound rules for life. 12 Rules for Life shatters the modern commonplaces of science, faith and human nature, while transforming and ennobling the mind and spirit of its readers.

**THE TOP 10 INTERNATIONAL BESTSELLER** 'Is it the world that's busy, or my mind?' \*\*\*\*\* Life moves fast, but that doesn't mean we have to. In this timely guide to mindfulness, Haemin Sunim, a Buddhist monk born in Korea and educated in the United States, offers advice on everything from handling setbacks to dealing with rest and relationships. Combining his teachings with calming full-colour illustrations, Haemin Sunim's simple messages speak directly to the anxieties that have become part of modern life and remind us of the strength and joy that come from slowing down. \*\*\*\*\* Everyone who wants to thrive more in their life should have it on their nightstand' Arianna Huffington 'Offers practical advice on everything from handling setbacks to relationships. Best for reclaiming your zen' Stylist

**Co-creating at Its Best**

**Mirror Work**

**21 Days to Heal Your Life**

**Shift Happens!**

**A Course in Miracles**

**12 Rules for Life**

*Nick Cruz thought it would be easy: join the Rest In Peace Department, solve his own murder, float up to heaven. But he wasn't counting on his new boss, his new partner, or the demonic newborn he'd meet on his first day out. Add to that the hellish imp who's searching for an archangel's sword and Cruz is headed for a whole mess of trouble! Life after death has never been this hard.*

Dr. Wayne W. Dyer, the internationally best-selling author and lecturer, has written a new book in his series of inspirational books for kids. You're Not What You've Got addresses the topics of money and abundance, with the understanding that children's earliest thoughts and perceptions about money are those that will last throughout their lives. The concepts presented in this beautifully illustrated book include: Money does not define who you are; it doesn't matter what others have, and abundance comes in many forms. Unlike most books on this subject, It's Not What You've Got is not a how-to manual on spending and saving for kids, but rather a positive, spiritual approach to the meaning of money.

What happens when you bring together one of the most inspirational spiritual teachers of all time and the Master Sages of the Universe? A magical, insightful, invigorating encounter you will never forget! In this tradepaper edition of the awe-inspiring book based on a live event held in Anaheim, California, Dr. Wayne W. Dyer sits down with Esther Hicks and the wise Collective Consciousness known as Abraham. Wayne asks all the questions he has accumulated from his more than 40 years of teaching others about self-reliance and self-discovery, and Abraham delivers the answers we all need to hear. Topics include: • Parenting, parents, and the continuum of life • Can we reach the state of "love that has no opposite"? • Dharma, destiny, and being on your path • Dealing with bad news • Are there ascended masters and guides? • Monsanto and GMOs • and many more! While Wayne and Esther have been friends for years, this is the first time that he engages with Abraham in an extended dialogue about life's many lessons and perplexing questions. Read this book and experience this extraordinary meeting of the minds for yourself!

Masaru Emoto's 15 extensive years of study on water has given him the background to discuss what water is, how it has been implicated in the creation of the universe, and why a perfect ratio of Love and Gratitude can help this energy can go on infinitely. This fascinating book explains how our prayers, goodwill, and positive words heal us humans—as well as viruses and the universe as a whole—through water. Dr. Emoto explains that the fact that water has lost its true form shows that our way of living has moved away from God's will, so we should be aware of our Creator's alert to

"correct the way we are living now." The information in this work is an important step in revealing how we can modify our way of living to bring about true peace on earth.

Life Loves You

The Adventures of Lulu

Learning to Use Affirmations

An Antidote to Chaos

7 Spiritual Practices to Heal Your Life

A Treasury of Inner Wisdom

***In LIFE! Reflections on Your Journey, Louise L. Hay brings you a truly moving and inspirational book that will help you identify and heal a number of the pressing issues that you encounter on your path. Among other topics, Louise deals with growing up, relationships, work, health, spirituality, aging, death ... and many of the problems, fears, and challenges that these passages bring about. No matter what obstacles lie before you, Louise continually reminds you that the magnificent, frightening, delightful, ridiculous, astounding phenomenon that you experience between birth and death is what LIFE is all about!***

***From best-selling author and spiritual teacher Wayne W. Dyer comes My Greatest Teacher, which follows a man's journey to find understanding and reconciliation with his past. Despite having a loving family and a fulfilling career as a university professor, Ryan Kilgore has always held deep resentment and anger toward the father who abandoned him when he was born. When these emotions take their toll on his marriage and his relationship with his own son-Ryan realizes he must confront these unhealed wounds in order to move forward in his life. While at an academic conference, he embarks on a search to track down his father, Big Bob. Along the way, Ryan encounters friends and acquaintances of Big Bob, while reawakening memories of his childhood. My Greatest Teacher is an inspiring tale of how we can transform suffering and pain into forgiveness and love, and the lessons we can learn through the most difficult challenges we face.***

**"Whenever there is a problem, repeat over and over: All is well. Everything is working out for my highest good. Out of this situation only good will come. I am safe." In this healing tour de force, best-selling authors Louise L. Hay and Dr. Mona Lisa Schulz have teamed up for an exciting reexamination of the quintessential teachings from *Heal Your Body. All Is Well* brings together Louise's proven affirmation system with Mona Lisa's knowledge of both medical science and the body's intuition to create an easy-to-follow guide for health and well-being. And, for the first time ever, they present scientific evidence showing the undeniable link between the mind and body that makes these healing methods work. Bringing focus and clarity to the effects of emotions on the body, *All Is Well* separates the body into seven distinct groups of organs—or emotional centers—that are connected by their relationship to certain emotions. Structured around these emotional centers, the authors outline common imbalances and probable mental causes for physical illness. They also include case studies that show a complete program for healing that draws from all disciplines, including both traditional and alternative medicine, affirmations, nutritional changes, and so much more. Using the self-assessment quiz, the holistic health advice, and an expanded version of Louise's original affirmation chart, you can learn how to heal your mind and body with affirmations and intuition and live a balanced, healthy life.**

***In this delightful book, Louise Hay discusses the power and importance of affirmations and shows you how to apply them right now! Louise explains that when you state an affirmation, you're really saying to your subconscious mind: "I am taking responsibility. I am aware that there is something I can do to change." Within these pages, Louise discusses specific topics and concerns (health, fearful emotions, addictions, prosperity issues, love and intimacy, and more) and presents exercises that show you how to make beneficial changes to virtually every area of your life. On the accompanying audio download, Louise offers you helpful information about affirmations that you can also use to your benefit. She recommends that you listen to it at any time of the day or night—whenever you'd like positive thoughts and ideas to permeate your consciousness and fill you with hope and joy. "It takes some time to go from a seed to a full-grown plant. And so it is with affirmations—it takes some time from the first declaration to the final demonstration. Be patient!"***

***Don't Let Anything Dull Your Sparkle***

***Addicted to Love***

***Loving Yourself to Great Health***

***The Sisters' Song***

***the path to self-acceptance and happiness in relationships***

***A Conversation Between Master Teachers***

"This beautifully illustrated gift edition of *Heart Thoughts* is a collection of meditations, spiritual treatments, and excerpts from my lectures. It focuses on aspects of our day-to-day experiences, and is meant to guide and assist you in particular areas where you may be having difficulty. "It is now time for you to release old beliefs and old habits, and the meditations and treatments within these pages can help you build your confidence as you make necessary changes in your life. "This is a time of awakening. Know that you are always safe. And also know that it's possible to move from the old to the new, easily and peacefully." – Louise L. Hay "Your thoughts create your life!" This is the message that Louise Hay has been teaching people throughout the world for more than 27 years. Now, children can learn and understand the powerful idea that they have control over their thoughts and words, and in turn, what happens in their life. Within the pages of *I Think, I Am!* kids will find out the difference between negative thoughts and positive affirmations. Fun illustrations and simple text demonstrate how to make the change from negative thoughts and words to those that are positive. The happiness and confidence that come from this ability is something children will carry with them their entire lives!

**Love Yourself! Every Day with Wisdom from Louise Hay**

**Love Yourself, Heal Your Life Workbook**

**Your Prescription for Wholeness through Medicine, Affirmations, and Intuition**

**Power Thoughts**

**Finding Peace After a Breakup, Divorce, or Death**

**The Wonderful Wizard of Oz**