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Love Yourself Louise Hay

'Life loves you' is one of Louise Hay's best-loved affirmations. It is the heart thought that represents her life and her work. Together,

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Louise and Robert Holden look at what 'life loves you' really means - that life doesn't just happen to you; it happens for you. In a series of intimate and candid conversations, they dig deep into the power of love, the benevolent nature of

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reality, the friendly universe and the heart of who we really are. Life Loves You is filled with inspiring stories and helpful meditations, prayers and exercises. Louise and Robert present a practical philosophy based on seven spiritual

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practices. Key themes cover:
The Mirror Principle - practising the
'how' of self-love
Affirming Your Life
- healing the ego's basic
fear
Following Your Joy - trusting
your inner guidance
Forgiving the
Past - reclaiming your original

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innocenceBeing Grateful Now -
cultivating basic trustLearning to
Receive - being undefended and
openHealing the Future - choosing
love over fear
In You Can Heal Your Heart, self-
help luminary Louise Hay and

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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

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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,

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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

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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

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discover that, yes, you can heal your heart.

Within each of us is a center of wisdom far deeper and greater than we are aware of. The meditations in this book are designed to connect with that center and magnify our

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understanding of life. When we are willing to open our consciousness to new ideas and new ways of thinking about issues, then our lives change for the better. The way we begin our day sets the tone for the experiences that will follow and how

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we will react to them. A good way to use this book is to open it at random first thing in the morning. Know that the meditation you choose is the perfect message for that day. Its also nice to close the day with uplifting thoughts. This will

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allow you to have pleasant dreams and to awaken clearheaded in the morning. Remember, in the vast infinity of life, all is perfect, whole, and complete ... and so are you. Louise L. Hay, the bestselling author of *You Can Heal Your Life*

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"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

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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

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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

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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

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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

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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

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learn how to heal your mind and
body with affirmations and intuition
and live a balanced, healthy life.

Empowering Women

How to Use Affirmations to Change
Your Life

The Essential Louise Hay

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Collection

Teaching Kids the Power of
Affirmations

21 Days to Heal Your Life

You Can Heal Your Life

**With the 21st century upon us, many
people are talking about all the "earth**

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changes" that will occur. However, in this inspirational book, best-selling author Louise L. Hay reveals that the primary changes we will see will be internal changes. She points out that when we, as women, are willing to shift our internal ground, our earth, we will operate on a much more expanded level

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in life. Louise's goal is to see that all women experience self-love, self-worth, self-esteem, and a powerful place in society. In her inimitably warm and forthright manner, she offers penetrating insights into how women of all ages and backgrounds can achieve this goal and make the coming years the

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most productive, fulfilling, and empowering ones ever!

This New York Times bestseller has sold over 50 million copies worldwide, including over 200,000 copies in Australia. Louise's key message in this powerful work is- oIf we are willing to do the mental work, almost anything

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can be healed. Louise 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! Packed with powerful information - you'll love this gem of a book! This special edition, released to mark Hay House's 30th

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**anniversary, contains 16 pages of
photographs.**

**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-**

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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."

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Studies have shown it takes only 21 days for 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

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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

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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

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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!

**A Positive Affirmation Guide for Loving and Appreciating Your Body
Love Your Body (EasyRead Super Large 24pt Edition)**

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**7 Spiritual Practices to Heal Your Life
Give Yourself Permission to Live Your
Life**

You Can Heal Your Heart

Power Thoughts

Now in paperback: From beloved, inspiring teacher Louise Hay, an updated edition of a classic guide

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to help women own their power and live fully. I am willing to see the magnificence of me. I join the ranks of women healing other women. I am a blessing to the planet. My future is bright and beautiful. When Louise Hay

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published the first edition of this book more than 20 years ago with the title Empowering Women, her hope was to help all women experience and take ownership of their self-love, self-worth, self-esteem, and rightful, powerful

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place in the world. Today, her words and wisdom ring as true as ever-and resonate even more deeply with women seeking the best next step on their path. This new paperback edition of her groundbreaking work delves

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insightfully into every aspect of a woman's life, from relationships to health to sexuality to finances. Louise's words hold up for examination the standards that have traditionally defined and limited women, and they

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encourage us to consciously shift our internal ground so we can celebrate women's experience in ways both big and small. This book is our invitation to live as fully and freely as we all deserve- and to embody the joyful truth

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Louise expressed: We are in a period of wonderful evolution now!

Bestselling author Hay presents 54 affirmation treatments designed to help people create a beautiful, healthy, happy body.

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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

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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

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continually reminds you that the magnificent, frightening, delightful, ridiculous, astounding phenomenon that you experience between birth and death is what LIFE is all about!

This is a book of ideas to spark

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your own creative thinking process. It will give you an opportunity to see other ways to approach your experiences. . . . As you read this book, you may find statements that you dont agree with; they may clash with your

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own belief systems. Thats all right. Its what Louise calls stirring up the pot. She says, """"You dont have to agree with everything I say. But please examine what you believe and why. This is how youll grow and change. . . ."""" Begin

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reading anywhere in this book.
Open it at will. The message will
be perfect for you at that moment.
It may confirm what you already
believe, or it may challenge you.
Its all part of the growth process.
Know that you are safe and all is

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well.

Gratitude

Experience Your Good Now!

Finding Peace After a Breakup,

Divorce, or Death

Mirror Work

Reflections on Your Journey

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21 Days to Master Affirmations
*This companion workbook
to You Can Heal Your
Life includes valuable
writing exercises that
teach you how to connect
with your higher self.*

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"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

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*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*

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*book at random—you're
taking the first step
toward building a more
rewarding life...I know
you can do it!" - Louise
L. Hay*

A collection of positive

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*thoughts from Louise L.
Hay and others.*

*Louise L. Hay, the
internationally renowned
author and lecturer,
brings you the companion
book to her landmark*

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*bestseller, You Can Heal
Your Life. Here, Louise
applies techniques of
self-love and positive
thinking to a wide range
of topics that affect us
all on a daily basis,*

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*including health,
fearful emotions,
addictions, money and
prosperity, sexuality,
aging, love and
intimacy, and more.*

Inner Wisdom

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Everyday Positive

Thinking

A Way of Life: Easyread

Super Large 20pt Edition

I Think, I Am!

I Can Do It

A Deck of 64

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Affirmations

**In The Power Is Within You,
Louise L. Hay expands her
philosophies of loving the self
through learning to listen and
trust the inner voice; loving the
child within; letting our true
feelings out; the responsibility of**

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parenting; releasing our fears about growing older; allowing ourselves to receive prosperity; expressing our creativity; accepting change as a natural part of life; creating a world that is ecologically sound; where it's safe to love each other'; and

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much more. She closes the book with a chapter devoted to meditations for personal and planetary healing.

The Secret Language of Your Body unveils the secrets to understanding the messages of your body, revealing the

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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

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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

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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

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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

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how to use color to heal your life

- **uncover and apply the messages your body has to teach you**

Heal Your Body A-Z is a fresh and easy step-by-step guide, set up in an A-to-Z format. Just look up your specific health challenge, and you will find the probable

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cause for this health issue, as well as the information you need to overcome it by creating a new thought pattern.

**“Your thoughts create your life!”
This is the message that Louise Hay has been teaching people throughout the world for more**

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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

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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

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**something children will carry
with them their entire lives!**
Meditations to Heal Your Life
Embrace Your Power
Life Loves You
How to Love Yourself Cards
A Treasury of Inner Wisdom
The Power Is Within You

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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

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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:

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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

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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

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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."

This companion workbook to You Can

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Heal Your Life includes valuable writing exercises that teach you how to connect with your higher self....

Love Yourself, Heal Your Life
Workbook Hay House, Inc

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The Essential Guide to Health and
Wellness

You Can Heal Your Life, Companion
Book

You Can Heal Your Life 30th
Anniversary Edition

Love Yourself, Heal Your Life

Page 75/170

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Workbook

Loving Yourself to Great Health

Thoughts & Food? The Ultimate Diet

Life loves you and you have the power within you to create a life you love. Life loves you is one of Louise Hay's best-loved

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affirmations. It is the heart thought that represents her life and her work. Together, Louise and Robert Holden look at what life loves you really means - that life doesn't just happen to you; it happens for you. Life Loves

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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

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*Principle - practicing the how of
self-love Affirming Your Life -
healing the ego's basic fear
Following Your Joy - trusting
your inner guidance Forgiving
the Past - reclaiming you original
innocence Being Grateful Now -*

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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 the world. Our goal is not just to let

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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.

"This beautifully illustrated gift edition of Heart Thoughts is a

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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

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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.

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*"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*

Nick Ortner, founder of the

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Tapping World Summit and best-selling filmmaker of The Tapping Solution, is at the forefront of a new healing movement. In his upcoming book, The Tapping Solution, he gives readers everything they need to

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successfully start using the powerful practice of tapping – or Emotional Freedom Techniques (EFT). Tapping is one of the fastest and easiest ways to address both the emotional and physical problems that tend to

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hamper our lives. Using the energy meridians of the body, practitioners tap on specific points while focusing on particular negative emotions or physical sensations. The tapping helps calm the nervous system

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to restore the balance of energy in the body, and in turn rewire the brain to respond in healthy ways. This kind of conditioning can help rid practitioners of everything from chronic pain to phobias to addictions. Because

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of tapping's proven success in healing such a variety of problems, Ortner recommends to try it on any challenging issue. In The Tapping Solution, Ortner describes not only the history and science of tapping but also

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the practical applications. In a friendly voice, he lays out easy-to-use practices, diagrams, and worksheets that will teach readers, step-by-step, how to tap on a variety of issues. With chapters covering everything

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from the alleviation of pain to the encouragement of weight loss to fostering better relationships, Ortner opens readers' eyes to just how powerful this practice can be. Throughout the book, readers will see real-life stories

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of healing ranging from easing the pain of fibromyalgia to overcoming a fear of flying. The simple strategies Ortner outlines will help readers release their fears and clear the limiting beliefs that hold them back from

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*creating the life they want.
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,*

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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

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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,

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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

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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

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demonstration. Be patient!"

The Golden Louise L. Hay

Collection

Life!

A Womans Guide to Loving

Yourself, Breaking Rules, and

Bringing Good into Your Life

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The Adventures of Lulu 7 Spiritual Experiments to Heal Your Life

For decades, best-selling author Louise Hay has transformed people's lives by teaching them to let go of limiting beliefs. Now in this

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tour de force, Louise teams up with her go-to natural health and nutrition experts, Ahlea 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

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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, Ahlea, and Heather show you how to take your health,

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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

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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,

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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

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will turn your life into your greatest love story.

Whose life are you living? Though of course you would love to believe that it is fully your own, you might want to think again. Do you find yourself tip-toeing around the

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feelings of others? Do others' desires often precede your own? Do you wish you knew how to balance it all, have healthy relationships, and end up feeling truly happy? Priya Rana Kapoor takes you on The Permission Journey™, a step-

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*by-step guide that will equip you
with the strength and courage to:* •
have newfound self-confidence •
realise your dreams • know you are
not alone on your journey Give
YourSelf Permission to Live Your
Life is complemented with candid

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anecdotes from Priya's personal experience. She leads by example as she tells her story of illness, self-doubt, and a chronic need-to-please, how she got through it all, and how you can do the same. The breakthrough techniques outlined in

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The Permission Journey™ have benefited a wide range of people, from executives of large international corporations ironically suffering from low self-worth, to recent school-leavers struggling to find their feet. Their inspirational

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stories mirror scenarios that we all commonly find ourselves in, and will serve as a reference point for you in similar situations. Are you ready to take the journey yourself? Pack your bags and prepare to embark on an adventure to give yourself

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permission to take back your life!

www.PriyaRanaKapoor.com

www.GYSPermission.com

Internationally bestselling author

Louise L. Hay is a metaphysical

lecturer and teacher with more than

60 million books sold worldwide.

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For more than 25 years, Louise has helped people throughout the world discover and implement the full potential of their own creative powers for personal growth and self-healing. The Golden Louise L. Hay Collection is an omnibus of her

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most loved books – You Can Heal Your Life, Heal Your Body and The Power is Within You. You Can Heal Your Life is a New York Times bestseller with over 39 million copies sold worldwide. Louise's key message in this powerful work is

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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

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Heal Your Body, Louise describes the methods she used to cure herself of cancer more than 20 years ago. Using her simple and practical techniques, you will be surprised to discover patterns in your own ailments that reveal a lot

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about yourself. This handy 'little blue book' offers positive new thought patterns to replace negative emotions, an alphabetical chart of physical ailments with their probable causes as well as healing affirmations to help you eliminate

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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

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feelings surface. Focusing on building emotional and mental immune systems, she encourages the reader to think of themselves positively and be more accepting and grateful for who they are. The Golden Louise L. Hay Collection is

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the perfect read for those seeking insights to the mind body connection and the miraculous benefits of this dynamic as well as for those who want the pleasure of knowing that their favorite Louise Hay books are finally together in

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one place.

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

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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

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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

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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

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*Love Yourself Every Day with
Wisdom from Louise Hay
Heal Your Body with Medicine,
Affirmations, and Intuition
Every Woman's Guide to
Successful Living
Meditations for the Heart and Soul*

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Heart Thoughts

The Tapping Solution

*Louise Shows You How to
... LOVE YOUR BODY! In
this wonderful little
book, best-selling author
Louise L. Hay brings you*

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54 affirmation treatments designed to help you create a beautiful, healthy, happy body. If you're challenged by a particular part of your body, use the

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*corresponding affirmations
daily until you realize
positive results. ' 'Each
part of your body will
start to work perfectly as
a harmonious whole. You'll
find lines disappearing,*

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*weight normalizing, and
even posture
straightening.' ' - Louise
L. Hay*
*Korean edition of [Trust
Life: Love Yourself Every
Day with Wisdom from*

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Louise Hay] by Louise L. Hay. 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. In

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*honour 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*

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allow you to carry the wisdom of Louise with you each and every day, and inspire you to trust the process of Life. Korean edition translated by Park Seon Ryeong.

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Since its publication in 1984, Louise Hay's international bestseller You Can Heal Your Life has sold over 40 million copies worldwide. Now, in MIRROR WORK: 21 DAYS TO

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HEAL YOUR LIFE, the popular teacher and author offers the first book dedicated to her signature practice for personal transformation. The Mirror Principle, one of Louise's

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core teachings, holds that our experience of life mirrors our relationship with ourselves; unless we see ourselves as loveable, the world can be a dark and lonely place. Mirror

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work—looking at oneself in a mirror and repeating positive affirmations—is Louise's powerful method for learning to love oneself and experience the world as a safe and loving

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place. Like her successful video course, Loving Yourself, MIRROR WORK lays out a 21-day program of teachings and exercises to help readers deepen their relationship with

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themselves and live a joyous and fulfilling life. "Doing mirror work," Louise tells readers, "is one of the most loving gifts you can give yourself." Each of the 21

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days is organized around a theme, such as monitoring self-talk, overcoming fear, releasing anger, healing relationships, forgiving self and others, receiving prosperity, and

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living stress-free. The daily program involves an exercise in front of the mirror, affirmations, journaling, an inspiring Heart Thought to ponder, and a guided meditation.

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Packed with practical guidance and support, presented in Louise's warmly personal words, MIRROR WORK—or Mirror Play, as she likes to call it—is designed to help

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readers:

- Learn a deeper level of self-care
- Gain confidence in their own inner guidance system
- Develop awareness of their soul gifts
- Overcome resistance to change

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*Boost self-esteem •
Cultivate love and
compassion in their
relationships with self
and others In just three
weeks, the reader can
firmly establish the*

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*practice of Mirror Work as
an ongoing vehicle for
positive growth and self-
care, and a path to a
full, rich life.
In this concise yet
information-packed*

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book—which you can listen to on the included audio download or read at your leisure—bestselling author LOUISE HAY shows you that you "can do it"—that is, change and improve

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virtually every aspect of your life—by understanding and using affirmations correctly. Louise explains that every thought you think and every word you speak is an affirmation.

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Even your self-talk, your internal dialogue, is a stream of affirmations. You're affirming and creating your life experiences with every word and thought. Your

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*beliefs are merely
habitual thinking patterns
that you learned as a
child, and many of them
work very well for you.
But other beliefs may be
limiting your ability to*

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create the very things you say you want. You need to pay attention to your thoughts so that you can begin to eliminate the ones creating experiences that you don't want. As

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Louise discusses topics such as health, forgiveness, prosperity, creativity, relationships, job success, and self-esteem, you'll see that affirmations are solutions

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that will replace whatever problem you might have in a particular area. By the end of this book, you'll be able to say "I can do it" with confidence, knowing that you're on

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*your way to the wonderful,
joy-filled life you
deserve.*

*The Secret Language of
Your Body*

Trust Life

All is Well

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Louise Hay

*Learning to Use
Affirmations*

Love Your Body

Heal Your Body A-Z

**Lulu and the Ant: A Message
of Love; Lulu and the Dark:
Conquering Fears; and Lulu**

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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

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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

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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. For decades, best-selling

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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, Ahlea Khadro and

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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

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you a simple yet profound system to heal your body, mind, and spirit that is as gentle as changing the way you think. Louise, Ahlea, and Heather show you how to take your health, your moods, and your energy to

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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

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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,

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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.

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We invite you to join us on an amazing journey that will turn your life into your greatest love story.

For decades, Louise Hay has helped people throughout the world discover and implement the full potential of their

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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

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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

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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

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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

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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

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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.

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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

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volume!

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Life

Trust Life: Love Yourself
Every Day with Wisdom from
Louise Hay