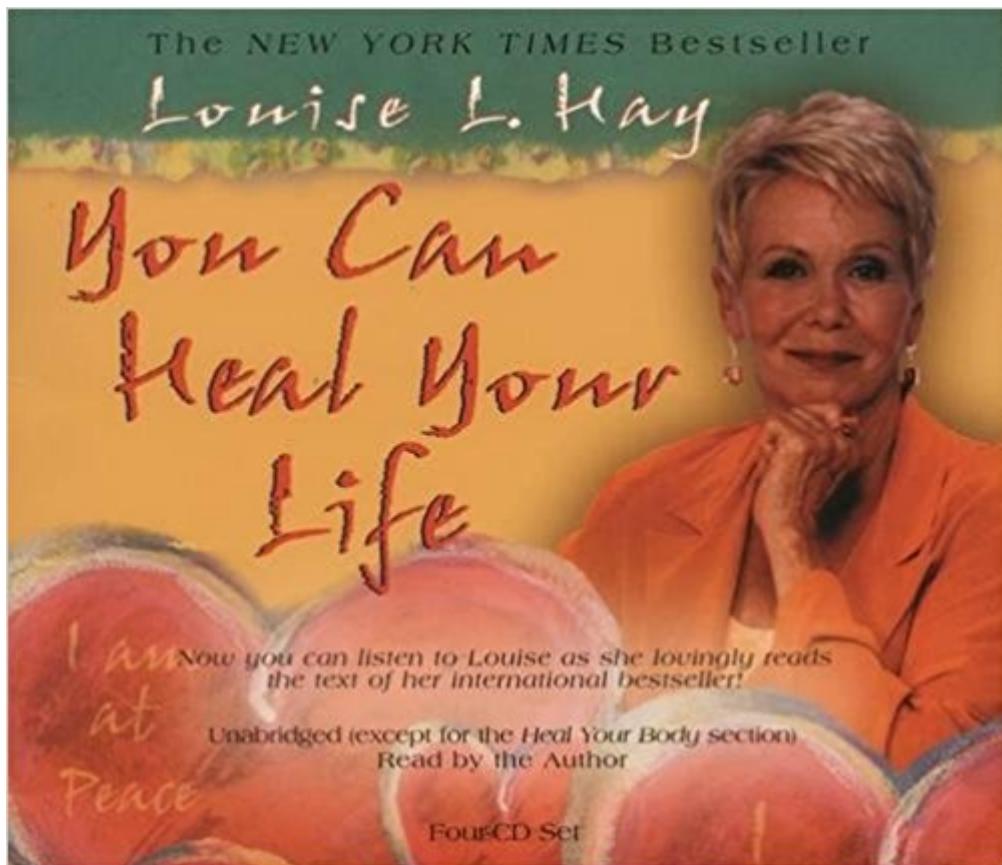


The book was found

# You Can Heal Your Life



## Synopsis

New York Times Bestseller! As featured on Oprah! and Donahue! Over 16 Million copies sold worldwide, 3 Million in the USA! Â Louise L. Hay, best selling author, is an internationally known leader, her key message is : "If we are willing to do the mental work, almost anything can be healed." The author has a great deal of experience and first hand information to share about healing, including how she cured herself after having been diagnosed as being terminally ill with cancer. Â By listening to this four CD set and doing the exercises and repeating the affirmations and beneficial thought patterns, YOU CAN CREATE THE LIFE YOU'VE ALWAYS WANTED. Â "An excellent book for restructuring one's life and finding self-esteem and self love."

## Book Information

Audio CD: 4 pages

Publisher: Hay House; Unabridged edition (February 1, 2003)

Language: English

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ISBN-13: 978-1401901394

Product Dimensions: 5.8 x 1 x 4.9 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars (2,237 customer reviews)

Best Sellers Rank: #53,825 in Books (See Top 100 in Books) #25 in Books > Books on CD > Religion & Spirituality > General #26 in Books > Books on CD > Health, Mind & Body > Self Help #26 in Books > Books on CD > General

## Customer Reviews

If you haven't seen Hay House's *Lifestyles* series of gorgeous gift books, there is no better way to acquaint yourself than with publisher/author Louise Hay's *You Can Heal Your Life*. A bestseller for many years, *You Can Heal Your Life* has been republished with bright, beautiful illustrations in full, living color and exquisite typography--each and every page is a work of art by artist Joan Perrin Falquet. The timeless message of the book is that we are each responsible for our own reality and "dis-ease." Hay believes we make ourselves ill by having thoughts of self-hatred. She includes a

directory of ailments and emotional causes for each with a corresponding affirmation to help overcome the illness. For example, the probable cause of multiple sclerosis is "mental hardness, hard-heartedness, iron will, and inflexibility." The healing "thought pattern" would be: "By choosing loving, joyous thoughts, I created a loving joyous world. I am safe and free." --P. Randall Cohan

This book turned my life around. Martine McCutcheon After I read You Can Heal Your Life I realised that salvation lay in myself. She Magazine Louise L Hay - the patron saint of affirmations. Woman & Home Magazine Loving yourself is the basis for all self-healing. The Times Hay has been responsible for helping countless people get their lives back on track The Sun A lovely inspiring book The Sun Responsible for helping countless people get their lives back on track...a lovely, inspiring book. -- Natasha Harding The Sun Self help: the classics. The Times A guide to how negative mental processes can cause physical illness. The Times Louise Hay's 'You Can Heal Your Life' is without a doubt one of the best-known spiritual books ever released, and continues to inspire men and women all over the world to better their lives. An absolute favourite in the S&S office, it's something everyone should read at least once in their lives. Soul & Spirit magazine

This book changed my life. I know you've heard that said about a lot of books and I'm sure there are other fine books out there. But this one, You Can Heal Your Life, by Louise Hay, is the motherbook from which all others evolved. I was introduced to it in 1990, 26 years ago, when I was 42. At the time I was reeling from a pessimistic cancer diagnosis, the end of my marriage, and the development of Chronic Fatigue Syndrome. I'm almost 69 and this is the book that showed me how to live with and through all that and more. I've given away at least a hundred of these books and this one went to my new friend, Tina, who is excited about the changes in her life she has already made. I can't recommend it highly enough.

I am still trying to read the whole book after a year of purchasing it but i love what i had read so far and highly recommended.

I've referred to this book for years. Great and straight forward view mind body connection.

This is the renaissance that the health care industry has been waiting for ÅfÅçÅ ª Åœ self-empowered, mindful people taking charge of their own wellness. - Linda Dierks, Spin Straw to Gold

It was an eye opener that I needed and the door to a new level of consciousness. It is easy to understand for those who need simple explanation of how the world works and the importance of the I.

Beautiful Book! Soothing artwork with wonderful explanations about how emotions cause physical problems...great 'abc' listings of symptoms! Very helpful and Louise's work is right on!

Beautiful book, beautiful positive affirmations and thoughts. Louise Hay is a wonderful teacher and an incredible woman.

Great inspiration for healing! Hay teaches us that we have more power to change our health than we think.

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Father Therapy: How to Heal Your Father Issues So You Can Enjoy Your Life Nutrient Power: Heal Your Biochemistry and Heal Your Brain Just the Essentials: How Essential Oils Can Heal Your Skin, Improve Your Health, and Detox Your Life You Can Heal Your Life (Unabridged, Adapted for Audio) You Can Heal Your Life Study Course You Can Heal Your Life You Can Heal Your Life (Gift Edition) Recover with GAPS: A Cookbook of 101 Healthy and Easy Recipes That I Used to Heal My ULCERATIVE COLITIS while ON THE GAPS DIETâ€¢ •Heal Your Gut Too! Childhood Disrupted: How Your Biography Becomes Your Biology, and How You Can Heal Peace Within: Clear Your Mind, Open Your Heart, Embrace Your Soul and Heal Your Life You Can Do the Impossible, Too!: How One Man Overcame Touretteâ€¢â„¢s Syndrome To Become an Acclaimed Professional Magician and How You, Too, Can Live Your Biggest, Boldest Life How to Heal Cavities and Reverse Gum Disease Naturally: a science-based, proven plan to heal teeth and gums using nutrition, balancing the metabolism, and natural therapies such as oil pulling Psoriasis Heal with the "Method Dr DI MAIO MD": Find Out the Causes and How to Heal Your Hands Can Heal You: Pranic Healing Energy Remedies to Boost Vitality and Speed Recovery from Common Health Problems I Forgive You, But...: 3 Steps That Can Heal Your Heart Forever You Can Heal Your Heart: Finding Peace After a Breakup, Divorce, or Death Gut: Gut Balance Solution: 10 Steps on How You Can Restore Optimal Gut Health, Boost Metabolism and Heal Your Gut Effectively (4-Week Gut Balance Diet Plan, leaky gut, clean gut, Gut Balance Recipes) What Your Doctor May Not Tell You About(TM): Breast Cancer: How Hormone Balance Can Help Save Your Life (What

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