

Louise Hay

The New York Times best-selling author of You Can Heal Your Life

heal your body

THE MENTAL CAUSES
FOR PHYSICAL ILLNESS
AND THE METAPHYSICAL WAY
TO OVERCOME THEM

10 OVERCOME ILLNESS
THE ESSENTIALS OF HEALING

Louise Hay

Heal Your Body



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Heal THE BODY is a brand new and easy step-by-stage guide. Just look up your specific health challenge and you may find the probable trigger for this health issue and the information you should get over it by creating a new thought pattern.



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Insightful This book is a list of physical illnesses. Lovely book and I've found it to be enlightening and very helpful. "Heal YOUR SYSTEM" isn't to be confused with the publication "You Can Heal Your Life". This book is a list of ailments, causes, and cures. Some of the various other reviewers apparently thought that these were buying "You Can Heal YOUR DAILY LIFE". "Heal THE BODY" came out first. She was an excellent and inspirational impact on thousands of people everywhere.) and have found my pains and aches to be much decreased and my general well being to be much improved. Negative thoughts could cause a wholesome person to deteriorate and positive thoughts could be "finished ." that sent a person's terminal illness into remission. The link between mind and body is certainly undeniable and it seems sensible to utilize that power whenever you can. What I didn't realize was that probably the most important healers of my own body was Me personally. I recommend this reserve. I am eternally grateful and blessed to become on this new journey. We are all bodies of energies.. I bought this kindle edition of Heal THE BODY so I'd have the list with me for reference at all times. It lets you know the mental cause of each physical illness, and it comes with an affirmation to heal each disease. I think it is hard to believe that each of the are FACT; It'll be useful for a long time to come. We, we, have been dealing with some serious health issues, and attributed that to being older, but have an amazing team of healers we have been working with. :) Small Reserve, Useful, Interesting and Thought-Provoking If you enjoy meditating and prefer to find new ways to change it up, I recommend this book. The reserve You Can Heal YOUR DAILY LIFE provides the same list but also switches into greater detail and has even more stories and so on. If you basically want to treatment your ailments, this is the book you need. The reserve itself essentially is a listing of ailments and issues and affirmations to remedy them. The purchase price makes it worthwhile! I'm not a big lover of meditation, but found this book really interesting. I was intrigued to read how most of these ailments coincided with the psyche for some reason. I say the affirmations throughout the day so when I am driving (alone! Good info A Substitute item I have to monitor this book it disappeared twice Highly recommend Would recommend everyone understand this book and present to friends, family members, coworkers, etc!), holistic recovery, etc. In case you are a person who responds well to positive affirmations, this will likely be a terrific investment. However, the list isn't included. This truly is the beginning of a new journey I recently was introduced to Louise Hay's work. Wayyyy out there Got a good laugh but this is crap. Healing begins from within. Physical ailments are due to mental or spiritual ailments. This is not just "new age" gibberish, it really is real. Go through over some of the explanations and descriptions of the physical problems and their respective mental or spiritual causes and you'll recognize that the reasoning can be audio.. Heal the energy within and your body is healed. I'd have loved for her to find yourself in the details of why & Highly recommended to everyone. It's an excellent book to read but it lacks detail. Affirmations to heal the body and your mind. I think it's amazing how it is really possible to improve our physical wellness through the power of thinking. Just the text. Not really that I don't value Louise's thoughts, but I'm feeling a bit cheated by this abbreviated edition. Phenomenal lady! Personally i think this publication, or ailment-psyche dictionary, rather, is in an identical realm of acupressure, acupuncture, reiki (sp? Louise Hay spent years connecting physical ailments with what the underlying emotional cause was. This reserve is insightful. I think this is the 7th or 8th copy of this publication that I've purchased over the years I have given this book as something special so many moments I can't remember the exact number. This is a great little reference book if you are interested in JUST the specific ailment and why that is occurring and what to do to help. Text is take off from 14%-82% in the kindle version I love Louise Hay's work so I bought this to add to my collection. Louise Hay is certainly giving me the tools to understand to be my very own healer, in therefore many, many ways. NOTE - usually do not confuse this book with Louise Hay's publication known as You Can Heal Your Life - this book lists only the ailments, causes and cures. Useful tool for healing. Selecting thoughts that support this involves vigilance. I experienced loaned out my original duplicate. Interesting Concept

Love begins at home. It sounds very easy, and yet so hard to actually practice. A very useful tool for healing. but in any event meditation is good for your brain and these affirmations are quite decent to make use of for meditation. Vintage Loiuse Hay Vintage Louise Hay. Excited to try the affirmations. Each and every time I utilized this book in front of a friend, they wanted it (I think a few may possess "borrowed" it and never gave it back since it kept disappearing) :-) I finally ordered a Kindle version so I will have it handy (and so no-one can "borrow" it)! I get the message she is trying to drive though. I will unfortunately have to come back this. Hoping they fix it. A love the book nonetheless it will not give much detail. Where is the list?The affirmations within have helped me heal myself of many bodily dysfunctions and illnesses often. how. Regrettably the formatting isn't quite best in the kindle edition as the text is take off from 14%-82%. Highly recommended to everyone.



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