

# Louise Hay

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

# mirror work

**21 DAYS TO HEAL YOUR LIFE**

Louise Hay

## Mirror Work: 21 Days to Heal Your Life



[continue reading](#)

Since its publication in 1984, Louise Hay's international bestseller *You May Heal YOUR DAILY LIFE* has sold over 40 million copies worldwide. Today, in *MIRROR WORK: 21 Times TO HEAL YOUR LIFE*, the popular teacher and author supplies the first book focused on her signature practice for personal transformation: looking in oneself in a mirror and repeating positive affirmations— The daily plan involves an exercise before the mirror, affirmations, journaling, an inspiring Heart Considered to ponder, and a guided meditation. unless we see ourselves as loveable, the world can be a dark and lonely place. or Mirror Play, while she likes to call it— The Mirror Principle, among Louise's Louise's powerful way for learning to appreciate oneself and experience the world as a safe and sound and loving place. Like her successful video training course, *Loving Yourself*, *MIRROR WORK* lays out a 21-day program of teachings and exercises to greatly help visitors deepen their romantic relationship with themselves and live a joyous and fulfilling life. "Doing mirror work," Louise tells readers, "is among the most loving gifts you can give yourself." Each one of the 21 times is structured around a theme, such as monitoring self-talk, overcoming dread, releasing anger, healing human relationships, forgiving self and others, receiving prosperity, and living stress-free. s primary teachings, holds that our experience of life mirrors our relationship with ourselves; Cultivate like and compassion within their relationships with personal and others In only three weeks, the reader can firmly set up the practice of Mirror Work as an ongoing vehicle for positive development and self-treatment, and a way to a full, rich life. s warmly personal terms, *MIRROR Function— Mirror function—*is designed to help readers: • Learn a deeper degree of self-treatment • Gain confidence in their own inner assistance system • Develop knowing of their soul gifts • Boost self-esteem • Overcome resistance to change • Packed with practical guidance and support, presented in Louise'



[continue reading](#)

