



Louise L. Hay and

You Can Heal Your Life (Unabridged, Adapted for Audio)



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Louise shows you that by changing your thinking. Hay, the world-renowned writer and metaphysical instructor, narrates the written text of her internationally acclaimed reserve of the same name. Louise shares her powerful firsthand encounters on the healing path, and explains how limiting beliefs and suggestions are often the reason for illness. On this powerful audiobook, Louise L..you really can heal your daily life!.



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Yes, You Can Heal Your Life This book changed my life. I know you've heard that said about a lot of books and I'm sure you can find other great books out there. But this one, You Can Heal Your Life, by Louise Hay, may be the motherbook from which all others developed. I was presented to it in 1990, 26 years ago, when I was 42. At the time I was reeling from a pessimistic tumor diagnosis, the finish of my relationship, and the advancement of Chronic Exhaustion Syndrome. I'm almost 69 which is the publication that demonstrated 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 visited my brand-new friend, Tina, who's excited about the changes in her life she has already made! Hardest reserve BUT with the biggest benefits This was one of the hardest books I've ever read. This little book took me forever to finish. Not that the composing was hard to digest. I am so happy this book was recommended if you ask me! That is all still a work in progress.. The infant stopped crying. The one with the crying, inconsolable child. My favorite example to tell people from the principles I learned in this book has been on a plane for over 3 hours with a crying baby. No, not crying. Visualize if caretakers really believed the only reason Mom has senility or Alzheimer's is due to the above reasons. Obviously, EVERYONE, including myself, was irritated. This is the exception. But I found a component in this book that talked about giving love to difficult people and circumstances and providing what you want to receive. So I started sending recovery, loving thoughts to that poor baby and the mom! I'm choosing to react to situations differently, also to even appearance at them differently. So I closed my eyes and just sent loving white, calming light to both of them. It took me half a year. Guess what occurred? It actually IS working too. Do my thoughts do it? I'm sure what actually happened was the indigent child tuckered him/herself out from all that bawling, BUT...it erased my irritation and made me personally feel much better. It felt good to provide, even anonymously, like this. Much better to place positive energy into the world instead of feeding the harmful. The author is indeed inspirational beyond words and I couldn't help but suggest this book to so much more people that should have to learn it. And the work/exercises remain ongoing. I just wish Louise was still around for me personally to tell her I'm among her legions of fans today. I hope this review helps others to come across it - it really is so worth it. A game changer A wealth of life-changing information. Bessel Van der Kolk or Dr. Some I haven't got the courage to try yet. This is the key to release This book gave me the main element to release everything negative. And prayers for comfort and ease and relaxed. I'm a health trainer and I also often give away this reserve as a healing tool to clients who desperately have to hear it from someone else! However, this publication is a couple of made-up non-sense that encourages people to take responsibility for just about any harmful life encounter and assigns mythical causes to every disease or physical symptom. I cannot stress an excessive amount of that this small book contains the key 'I am willing to release . Essential read for those with healing to accomplish! Get Ready for an enormous Guilt Trip!'. It noises so easy and it is so easy. This key in conjunction with the 'Power of Today' from Eckart Tolle (books, youtube) was just how for me out of the vicious circle. But I'm glad a yoga instructor mentioned this reserve in passing. Everybody who is looking for the way out of these vicious circles understands what I am talking about. But, after perusing the contents, so when a nurse, I discover this book to be completely without scientific merit, shaming, preposterous, and possibly even dangerous and damaging to someone naive enough to consider it as fact. I am therefore thankful that Louise Hay brought it into the world. Buy It You can heal your life. I've read a lot of self help books plus they haven't changed my life at all. This book really helped me understand the importance of self love. Everything we perform can be rooted in how we experience ourselves. Louise helps visitors identify thought patterns which are harmful to ourselves. Just how we think manifests in our reality. It is a wonderful book and I recommend it. I sent this to a friend who was simply terribly depressed. This is my Bible! I sent this to a friend who was simply terribly depressed...I've no Idea if this helped her (I believe because she is NOT a Positive thinker).. It literally changed my life! but it helps me! And provides helped me since 1980! I really like this reserve...! I've read this reserve a long time ago when I

was only 18 years old! This is a must have in our home. Hey, I've lived 47 years of being broken therefore I can't be prepared to heal all that hurt instantly, but this offered me a great starting place and great equipment to begin with the work. I am hoping it'll be in yours! A+++++ Lunacy I was looking towards this reserve because I believe in the holistic mind-body connection. Every ten to twelve years it haunted me over and over - the past. I find this incredibly damaging and as a therapist and holistic practitioner I would NEVER recommend it to a client. It doesn't matter if you carry out or don't believe. I really like it. Carolyn Leaf! It actually used what I go through and it produced a difference. You can heal. Even more openly so than others. And it helped me when I must say I needed it and was madly looking for help. (Therefore having read therefore many self help books!) In any case, I love Louise Hay and am so grateful for her book! (I want they'd transformation the cover nevertheless, lol - it's a little cheesy and embarrassing to have got out in public areas!) One of The Most Important Recovery Books of Our Time As somebody who counsels people, I have distributed many copies of the book. Anyone with medical issues will welcome this book, which is filled with wish. By understanding this thought patterns that maintain us from curing, the author makes positive suggestions geared towards changing harmful patterns and curing not only the body, but the soul and the life span. With hundreds of cause/ result references to all types of Disease, most visitors will be hard pressed not to find themselves in this book. Louise Hay shares her very own battles with misuse and cancer and an inside look at how she healed from a digital death sentence. A diagnosis of either of the problems is normally devastating both to the individual and to their own families. A great go through for sure. The best book I've ever read!!! I cannot recommend it highly plenty of.. Louise Hay is right about so a lot of things. This book is superb and I've recommended it to a great deal of people. Escapism. Because I knew she didn't want to be See your face, right?! A Self Help Book that truly works Probably the finest, most helpful self help book I've ever read. It simply works! Instead I recommend the works of either Dr.. Right now I'm in my own mid 30's and I often get back to this book Believe!! I REALLY LIKE this book! It had been the work and actions and reflections to make the corrections to bring recovery. I love the chart in the back with the ailments to probable cause association. You can heal yourself ebook I enjoyed the ebook. This book will be one I'll have to reread and revisit every once in awhile. For years or decades I have struggled with depression. Thank you for writing this inspirational and amazing book! wonderful book! Very informative, wonderful publication! I'm a true believer in recovery oneself and this book simply "gets me" and I obtain it.. Blame Yourself for EVERY Problem in YOUR DAILY LIFE I bought this book on a suggestion of a friend, thinking I would like to create a more positive attitude from within myself. This finally worked for me. For instance, author states that the explanation for senility in the elderly is "Time for the so-called safety of childhood. Demanding care and attention. A form of control of those around you. One of the best life changing reserve I've read!" And Alzheimer's is due to "A refusal to cope with the world since it is certainly. Hopelessness and helplessness. Anger.". Small corny but there's lots of good stuff in here This book really helps you contemplate things and uncover feelings you didn't realize you had. But blaming the individual for a problem a lot of people wouldn't wish on their worse enemy in such a way not only locations a big steaming pile of guilt on the patient, it could also develop a family dynamic that's non-supportive and perhaps even dangerous. Abuse of older people with such diseases is a very real problem in a few families. Wailing at the top of his or her lungs. It was a remedy to an unspoken prayer to end up being resulted in a path of recovery.



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