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The Essential Louise Hay Collection You Can Heal Your Life, Companion
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"A much-needed guidebook . . . a treasure chest of insights." — Caroline Myss, M.D. "[A] brilliant new work . . . profound healing advice." — Brian L. Weiss, M.D. Many of us grapple with how to stay happy, calm, and focused in a world that seems to get more complex by the minute. How do we keep our wits about us, our mood stable, and our memory intact when our brains and bodies are bombarded with information and influences from every side? This one-of-a-kind resource combines cutting-edge science with compassion and wisdom to offer answers we can really use. Heal Your Mind continues the three-pronged healing approach that Dr. Mona Lisa Schulz and Louise Hay pioneered together in All Is Well: Heal Your Body with Medicine, Affirmations, and Intuition. Here, it's applied to aspects of the mind ranging from depression, anxiety, and addiction to memory, learning, and even mystical states. You'll learn what's going on in your brain and body when you feel sad, angry, or panicked; you have trouble focusing, reading, or remembering; a past trauma is clouding your mind in the present; and more. And in each chapter, you'll get a "virtual healing experience" through case studies in the All Is Well Clinic, where Dr. Mona Lisa uses medical intuition to pinpoint issues in a wide range of prototypical client histories and she and Louise offer solutions and affirmations to help restore well-being. Today, we tend to think our minds and bodies need an endless array of expensive, ever-changing pharmaceutical interventions. In truth, medicines are just one approach to healing the mind; nutritional supplements also support mind-body health; and affirmations restore us to balance by changing the way we think. Heal Your Mind puts all these tools at your disposal to help you choose your own path. "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 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 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 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 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 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 learn how to heal your mind and body with affirmations and intuition and live a balanced, healthy life. Heal Your Body is a fresh and easy step-by-step guide. Just look up your specific health challenge and you will find the probable cause for this health issue and the information you need to overcome it by creating a new thought pattern. Louise Hay, bestselling author, is an internationally known leader in the self-help field. Her key message: "If we are willing to do the mental work, almost anything can be healed." The author has a great deal of experience and firsthand information to share about healing—including how she cured herself after having been diagnosed with cancer. Hundreds of thousands of people from all over the world have read Heal Your Body and have found it to be an indispensable reference. Here are some typical comments: "I love this book. I carry it around in my purse, refer to it constantly, and share it with my friends." "HEAL YOUR BODY seems divinely inspired." "Thank you for writing HEAL YOUR BODY. It changed my ideas about diseases. As I am a doctor, it also changed the way I look at people." This is a book of ideas to spark 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 don't agree with; they may clash with your own belief systems. That's all right. It's what Louise calls stirring up the pot. She says, ""You don't have to agree with everything I say. But please examine what you believe and why. This is how you'll grow and change. . . ."" Begin 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. It's all part of the growth process. Know that you are safe and all is well. Louise L. Hay, the internationally

renowned author and lecturer, brings you the companion book to her landmark 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, including health, fearful emotions, addictions, money and prosperity, sexuality, aging, love and intimacy, and more. In this book the author offers practical steps for dissolving the fears of diseases and shares her first-hand experiences about healing, including how she cured herself after having been diagnosed as being terminally ill with cancer. An encyclopedia designed especially to meet the needs of elementary, junior high, and senior high school students. 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 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. In a series of intimate and candid conversations, they dig deep into the power of love, the benevolent nature of 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 practices. Key themes cover:

- The Mirror 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 your original innocence**
- Be Grateful Now - cultivating basic trust**
- Learn to Receive - being undefended and open**
- Healing the Future - choosing love over fear**

Praise for Alex Brown: 'Very lovely' Jill Mansell. 'Be whisked away in this sunny, heartwarming read' Woman's Own 'I adored it' Milly Johnson Annie Lovell is keen to put the spark back into her life and when her elderly neighbour inherits an abandoned Parisian apartment she goes to Paris to discover more. Her curiosity takes an unexpected turn on discovering a bundle of secret diaries hidden within the walls, detailing the life of a young English woman, Beatrice Crawford, who volunteered in 1916 to nurse the soldiers in the fields of France. Captivated by the romantic City of Light, Annie realises first appearances are not always as they seem. Following Beatrice's journey from the Great War, through the Roaring Twenties and to a very different life in Nazi-occupied Paris, Annie must piece together the events from the past, if she is to fulfil the legacy that Beatrice left for her to find... The #1 New York Times bestselling WORLDWIDE phenomenon Winner of the Goodreads Choice Award for Fiction | A Good Morning America Book Club Pick | Independent (London) Ten Best Books of the Year "A feel-good book guaranteed to lift your spirits."—The Washington Post The dazzling reader-favorite about the choices that go into a life well lived, from the acclaimed author of *How To Stop Time* and *The Comfort Book*. Somewhere out beyond the edge of the universe there is a library that contains an infinite number of books, each one the story of another reality. One tells the story of your life as it is,

along with another book for the other life you could have lived if you had made a different choice at any point in your life. While we all wonder how our lives might have been, what if you had the chance to go to the library and see for yourself? Would any of these other lives truly be better? In *The Midnight Library*, Matt Haig's enchanting blockbuster novel, Nora Seed finds herself faced with this decision. Faced with the possibility of changing her life for a new one, following a different career, undoing old breakups, realizing her dreams of becoming a glaciologist; she must search within herself as she travels through the Midnight Library to decide what is truly fulfilling in life, and what makes it worth living in the first place. This New York Times Bestseller has sold over 30 million copies worldwide. Louise's key message in this powerful work is: "If we are willing to do the mental work, almost anything 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!

Updated edition of a book on a timely subject (women's empowerment) by international best-selling author Louise Hay, with a new foreword by New York Times best-selling author Christiane Northrup, M.D. The modern world is full of change and upheaval. However, in this inspirational book, Louise Hay reveals that true changes come from within. She points out that when we, as women, are willing to shift our internal ground, we operate on a much more expanded level in life. Louise's goal was to see all women experience self-love, self-worth, self-esteem, and a powerful place in society. You'll see how Louise's penetrating insights from decades ago are still just as relevant today. In her inimitably warm and forthright manner, she demonstrates how women of all ages and backgrounds can make the coming years the most productive, fulfilling, and empowering ones ever. 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, 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 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, 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 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 demonstration. Be patient!" For decades, Louise Hay has helped people throughout the world discover and implement the full potential of their 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 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 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 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 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 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. 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 together in one convenient volume! 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- olf we are willing to do the mental work, almost anything can be healed.o Louise explains how limiting beliefs and ideas are often the cause of illness, and how you can change your thinkingaand 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 anniversary, contains 16 pages of photographs. In You Can Heal Your Heart, self-help luminary Louise Hay and 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 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, 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 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 discover that, yes, you can heal your heart. Internationally bestselling author Louise L. Hay is a metaphysical lecturer and teacher with more than 60 million books sold worldwide. 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 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 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 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 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 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 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 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 one place. "Colors and numbers have a lot of significance for us. We each have our own personal number vibrations and personal color vibrations. Some of these numbers, such as our date of birth, are permanent. We also have temporary personal colors that change with the calendar. By consciously surrounding ourselves with our personal colors, we become more in tune with the cosmic forces. Colors and numbers are useful to our lives and attitudes. They may form a basis for our affirmations and declarations about ourselves, which is exactly the purpose of this book. May every Colors & Numbers day be a joyous one for you!" — Louise L. Hay Learn how to eliminate negativity and replace it with positive affirmations to give you the confidence to attain the wonderful, joy-filled life you deserve! In this revised and updated edition of the inspirational book, containing a free audio download, bestselling author Louise Hay shows you that 'you can do it' - that is, change and improve virtually every aspect of your life by understanding and using affirmations correctly. Well known for her positive affirmations, Louise explains that every thought you think and every word you speak is an affirmation. Many of your own thoughts are merely habitual and learned from childhood - they may work well for you, but you will also have thoughts creating experiences you don't want. When you've finished this book, you'll be able to replace these with inspiring,

motivational affirmations. 'A mirror reflects back to you the feelings you have about yourself. It makes you immediately aware of where you are resisting and where you are open and allowing. The most powerful affirmations are those you say out loud when you are in front of a mirror, looking deeply into your eyes.' - Louise Hay Mirror work has long been Louise Hay's signature method for improving your relationship with yourself and leading a joyous and fulfilling life. Now, for the first time, Louise outlines this simple and beautiful practice in one book and shares a 21-day programme in which you will learn techniques for: - letting go of your past - building your self-esteem - releasing your anger - forgiving yourself and those who have hurt you - healing your relationships - living stress-free ...and much more! Discover all the ways in which mirror work can be a powerful tool for positive transformation and self-care. Dr. Wayne W. Dyer, Joan Z. Borysenko, Lee Carroll, Sri Daya Mata, Doreen Virtue, Bernie Siegel, M.D., Dan Millman, John Randolph Price, and others share their understanding of the practice of gratitude. 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 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: 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 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 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." For countless people around the world, the words of Louise Hay have served as a beacon, leading them out of the darkness of despair and into the light of a better life. Cheryl Richardson is one of the many individuals whom Louise has greatly influenced . . . before going on to become a best-selling author herself. So what happens when these two combine their collective wisdom into one book? The result is what you're now holding in your hands. As Louise and Cheryl engage in a series of empowering and intimate conversations, you'll feel as if you're simultaneously having lunch with your best friends and also attending a master class put on by two leaders of the self-empowerment movement. As they travel

throughout North America and Europe together, Louise and Cheryl discuss a wide range of topics, including the importance of loving ourselves and our bodies; aging consciously; bringing true prosperity and abundance to the world; manifesting positive relationships—both with family and friends and in the workplace; and facing death in a dignified and peaceful way. These two amazing women are living proof that the spiritual principles they discuss in these pages really work. As you read, you'll discover that you, too, have the ability to create an exceptional life! "This beautifully illustrated gift edition of Heart Thoughts is a 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 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. 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. Louise Shows You How to ... LOVE YOUR BODY! In this wonderful little book, best-selling author Louise L. Hay brings you 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 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, weight normalizing, and even posture straightening." - Louise L. Hay Louise L. Hay, bestselling author, is an internationally known leader in the self-help field. 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 firsthand information to share about healing, including how she cured herself after being diagnosed with cancer. An excerpt from You Can Heal Your Life Life Is Really Very Simple. What We Give Out, We Get Back What we think about ourselves becomes the truth for us. I believe that everyone, myself included, is responsible for everything in our lives, the best and the worst. Every thought we think is creating our future. Each one of us creates our experiences by our thoughts and our feelings. The thoughts we think and the words we speak create our experiences. In this truly inspirational book, people all over the world express their appreciation for the writings and teachings of Louise L. Hay . . . and for the miracles she has brought to their lives. Through uniquely heartfelt and awe-inspiring true stories, men and women of all ages and backgrounds reveal how one individual whose life has been devoted to spreading good can touch so many in a positive and miraculous way . . . and then those people spread the good to others . . . and on and on it goes, in a tremendous spiral of joyous energy. As you read the accounts within these pages, you will laugh, cry, and nod with empathy and understanding. The subject matter is diverse (relationships, work,

finance, health, and more); and the outpouring of emotion is genuine and very personal. Included at the end of each chapter are affirmations and exercises by Louise that will help you create miracles in your own life! "Louise Hay writes to your soul—where all healing begins. I love this book... and I love Louise Hay." — Dr. Wayne W. Dyer *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 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 much more. She closes the book with a chapter devoted to meditations for personal and planetary healing. With the 21st century upon us, many people are talking about all the "earth 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 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 most productive, fulfilling, and empowering ones ever! *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-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." Updated Edition, with a Revised Cover! "This book is a collection of letters I've received and answered over the years from people all over the world. The letters express deep concerns about 20 different topics—including addictions, dis-ease, family relationships, the inner child, and parenting, just to name a few. Almost all of the people who have written to me have wanted to change themselves—and their world—in some way. In my replies, I've tried to be the catalyst that helps these individuals accomplish their goals. I think of myself as a stepping-stone on a pathway of self-discovery. Perhaps you will see some aspect of yourself in these pages. It is my belief that by reading about other people's challenges and aspirations, we can see ourselves and our own problems in different ways. Sometimes we can use what we learn from others to make changes in our own lives. I hope this book will allow you to realize that you, too, have the strength within to change, and to find solutions on your own—that is, to seek the answers that are within you." — Louise L. Hay Louise Hay brings you the fun, practical, and easy-to-use

You Can Heal Your Life Affirmation Kit, based on her international bestseller. This kit will give you everything you need to create the joyful, creative, and fulfilling life you desire. Included within, you'll find: In this volume, Louise L. Hay shares her philosophy of life on a multitude of subjects from addictions to fears to spiritual laws, and everything in between. Her insights offer meditations and practical knowledge to apply to your day-to-day life. "This is a book of ideas to spark your own creative thinking process. It will give you an opportunity to see other ways to approach your experiences...Begin 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. It is all part of the growth process." Louise L. Hay Louise L. Hay, internationally renowned author and lecturer, brings you the beautiful gift edition of her landmark bestseller. Louise's key message is: "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 shows how you can change your thinking - and improve the quality of your life! "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 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 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 thoughts from Louise L. Hay and others. In Life! Louise Hay deals with the most common and pressing issues that we face throughout our lives such as growing up, relationships, work, spirituality, the twilight years, death and the many problems, fears and challenges that these passages bring. No matter what obstacles lie before you, Louise continually reminds you that the magnificent, frightening, delightful, astounding phenomenon that you experience between birth and death is what life is all about.

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