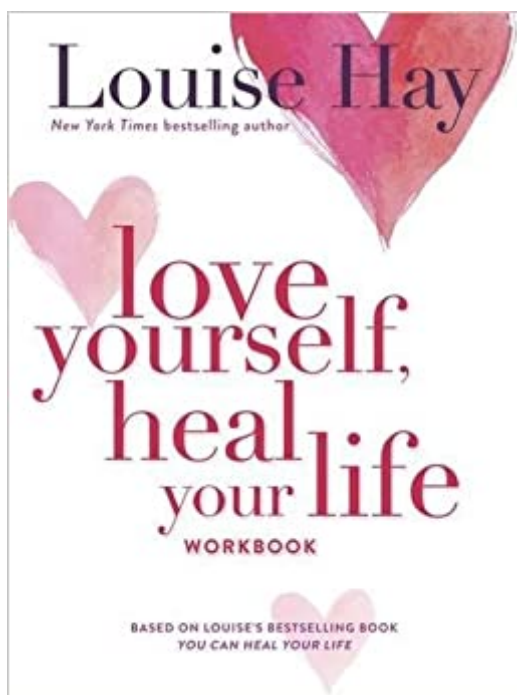


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# Love Yourself, Heal Your Life Workbook (Insight Guide)



## Synopsis

Based on Louise Hay's bestselling book "You Can Heal Your Life" this interactive workbook is really about change. It directly applies Louise's techniques of self-love and positive thinking to a wide range of topics that effect us all on a daily basis, including: Health Fears and Phobias, Sex, Self-Esteem, Money and Prosperity, Friendship, Addictive Behaviour, and, Work and Intimacy.

## Book Information

Series: Insight Guide

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Shipping Weight: 13.4 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 167 customer reviews

Best Sellers Rank: #2,613 in Books (See Top 100 in Books) #24 in Books > Self-Help > Self-Esteem #243 in Books > Health, Fitness & Dieting > Psychology & Counseling

## Customer Reviews

Her teachings of positive thinking and powerful life-enhancing affirmations have helped millions of people to improve their lives and have made her a legend in her own lifetime. Kindred Spirit Magazine

Louise Hay, the author of the international bestseller You Can Heal Your Life, is a metaphysical lecturer and teacher with more than 40 million books sold worldwide. For more than 30 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. Louise is the founder and chairman of Hay House, Inc., which disseminates books, CDs, DVDs, and other products that contribute to the healing of the planet. Visit [www.LouiseHay.com](http://www.LouiseHay.com) Robert Holden, Ph.D., is the creator of the Loveability program. His work on psychology and spirituality has been featured on Oprah, Good Morning America, and a PBS special called "Shift Happens." • He was also featured in two major BBC-TV documentaries, The Happiness Formula and How to Be Happy. His corporate clients

include Dove and its Campaign for Real Beauty. He is author of Happiness NOW!, Shift Happens!, Authentic Success (formerly titled Success Intelligence), and Be Happy. Robert hosts a weekly show on Hay House Radio called Shift Happens! He also contributes daily to his Facebook page at [www.facebook.com/drrobertholden](http://www.facebook.com/drrobertholden). For information, visit [www.robertholden.org](http://www.robertholden.org).

Extremely wonderful book, I lost my original copy, and need to replace immediately. I love Louise, her thinking, her years of experience speak volumes about our health and so forth. I would like you to read for yourself and learn the ways in which she presents her knowledge.

Of all the self help books this is a must. Throughout the years I re-read this book and always come away with new wisdom.

I needed another copy for a friend. You look up your symptom and it shows possible things you may be doing to cause that dis-ease. Wonderfully handy!!Change your mind, the rest will follow!

Have given this book to my patients for over 15 years. It's life changing! Would highly recommend it to everyone!

Great self help book.

Looks really good

well written on how to improve your self esteem

I love Louise Hay! Her books are wonderful if you are ready to learn to love yourself as you are.

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To The Holistic Reiki Healing, Chakras Healing, Increase Your Energy With Reiki (Spirituality Book 4) Nutrient Power: Heal Your Biochemistry and Heal Your Brain How To Represent Yourself in Family Court: A step-by-step guide to giving yourself the best chance of successfully representing yourself in court (How2Become) The Mindfulness and Acceptance Workbook for Social Anxiety and Shyness: Using Acceptance and Commitment Therapy to Free Yourself from Fear and Reclaim Your Life (New Harbinger Self-Help Workbook) Chakras: Activate Your Internal Energy Centers And Heal Yourself - The Complete Guide To Chakras For Beginners: Balance Your Body, Mind And Soul 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! 365 Days Of Homesteading: Grow Your Food, Provide Own Energy, Set Up Own Internet Connection, Protect And Heal Yourself While Living Self-Sufficient Life Aloha: Love, Suite Love/Fixed by Love/Game of Love/It All Adds Up to Love (Inspirational Romance Collection) Peace Within: Clear Your Mind, Open Your Heart, Embrace Your Soul and Heal Your Life The Qigong Workbook for Anxiety: Powerful Energy Practices to Rebalance Your Nervous System and Free Yourself from Fear (New Harbinger Self-Help Workbook) 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 Twice the Love: A Workbook for Kids in Blended Families (Helping Kids Heal Series) Psoriasis Treatment: How To Heal Yourself Naturally And Win Your Health Back Forever

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