# **HEAL YOUR BODY HAY**



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When my sister told me about Louise Hay for the first time, decades ago, she handed me a copy of Louise's "little blue book," and I have had that copy with me ever since. I read it whenever I need a reminder to pause, be mindful, and love my body and my life!

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# Causes of symptoms according to Louise Hay The Alchemy

Causes of symptoms according to Louise Hay is a good place to start if you are looking for healing. Illness however mild or severe is an indicator of your emotional state, caused by your thoughts and focus. I first came across this concept about 11 years ago when i read You Can Heal Your Life by Louise Hay. I found this book while in the depths of depression and it turned my life around in the next few years.

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Heal Your Body A-Z is a small, easy to use reference book which explains our physical illnesses in a brand new spiritual or metaphysical light. Each entry shows a problem, its probable mental or psychological cause, and a helpful affirmation for correction.

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## **Heal Your Body Beyond Affirmations**

You Can Heal Your Life! When Louise L. Hay wrote her little blue book, Heal Your Body back in 1976, she had no way of knowing where it would lead. She was the way- shower for so many of us, a pathfinder. She taught that we are responsible for everything in our lives, the best and the worst.

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## **Heal Your Body Louise Hay Google Books**

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