



**CONTINUE ►**

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, ageing, love and intimacy, work, and more. As Louise says, "These exercises will give you new information about yourself that will enable you to make new choices. If you're willing, then you can definitely create the kind of life you want."

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