



## Mirror Work: 21 Days to Heal Your Life

By Louise Hay

Hay House UK Ltd, United Kingdom, 2016. Paperback. Book Condition: New. 178 x 129 mm. Language: English . Brand New Book. 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.



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