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**I Can Do It** Louise Hay, 2021-08-17 In this concise yet information packed book which you can listen to on the included audio download or read at your leisure 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 Louise explains that every thought you think and every word you speak is an affirmation Even your self talk your internal dialogue is a stream of affirmations You re affirming and creating your life experiences with every word and thought Your beliefs are merely habitual thinking patterns that you learned as a child and many of them work very well for you But other beliefs may be limiting your ability to create the very things you say you want You need to pay attention to your thoughts so that you can begin to eliminate the ones creating experiences that you don t want As Louise discusses topics such as health forgiveness prosperity creativity relationships job success and self esteem you ll see that affirmations are solutions that will replace whatever problem you might have in a particular area By the end of this book you ll be able to say I can do it with confidence knowing that you re on your way to the wonderful joy filled life you deserve

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**You Can Heal Your Life** Louise Hay, 1995-03-07 AN INTERNATIONAL SENSATION AND A NEW YORK TIMES BESTSELLER THAT SOLD OVER 50 MILLION COPIES THE DEFINITIVE GUIDE ON SELF HEALING AFFIRMATIONS AND THE POWER OF THE MIND TO HEAL THE BODY Louise Hay writes to your soul where all healing begins I love this book and I love Louise Hay Dr Wayne W Dyer author of The Power of Intention You Can Heal Your Life has transformed the lives of millions of people This is a book that people credit with profoundly altering their awareness of the impact that the mind has on their health and wellbeing In this inspirational book by bestselling author and self help pioneer Louise Hay you'll find profound insight into the relationship between the mind and the body Exploring the way that limiting thoughts and ideas control and constrict us she offers us a powerful key to understanding the roots of our physical dis eases and discomforts Full of positive affirmations this practical guidebook will change the way you think forever Louise Hay 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 Louise Hay had a great deal of experience and firsthand information to share about healing including how she cured herself after being diagnosed with cancer Chapters Include Part I Introduction Suggestions to My Readers Some Points of My Philosophy What I Believe Part II A Session with Louise What Is the Problem Where Does It Come From Is It True What Do We Do Now Resistance To Change How To Change Building The New Daily Work Part III Putting These Ideas to Work Relationships Work Success Prosperity The Body The List My message is simple and not confined by borders You Can Heal Your Life has been translated into over 40 languages throughout the world and continues to heal transform and empower the lives of so many people To those of you who may be new to using affirmations I'd like to share with you the following Every thought we think and every word we speak creates our future 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 Affirmations are like

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