



Love Yourself, Heal Your Life Workbook (Insight Guide)

By Louise Hay

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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.

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Love Yourself, Heal Your Life Workbook (Insight Guide) By Louise Hay Bibliography

- Sales Rank: #6864 in Books
- Brand: Brand: Hay House
- Published on: 1990-05-01
- Released on: 1990-05-01
- Original language: English
- Number of items: 1
- Dimensions: 9.25" h x .44" w x 7.00" l, .80 pounds
- Binding: Paperback
- 176 pages

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Editorial Review

Review

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

About the Author

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

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. For information, visit www.robertholden.org.

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