



The Essential Louise Hay Collection

Louise L. Hay

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For decades, Louise Hay has helped people throughout the world discover and implement the full potential of their own creative powers for personal growth and self-healing. In this single volume, you will find three of her most beloved books:

- **You Can Heal Your Life** is a true classic, with millions of copies in print worldwide. Louise's key message here is that "if we are willing to do the mental work, almost anything can be healed." She explains how limiting beliefs and ideas are often the cause of illness, and how you can change your thinking . . . and improve the quality of your life.
- **In Heal Your Body**, Louise describes the methods she used to cure herself of cancer, which will help you discover patterns in your own health conditions that reveal a lot about yourself. It offers positive new thought patterns to replace negative emotions, an alphabetical chart of physical ailments with their probable causes, and healing affirmations so you can eliminate old patterns.
- **The Power Is Within You** expands on Louise's philosophy of "loving the self" and shows you how to overcome emotional barriers through learning to listen to your inner voice, loving the child within, and letting your true feelings surface. In these pages, Louise encourages you to think of yourself positively and be more accepting of—and grateful for—who you are.

The Essential Louise Hay Collection is the perfect read for anyone seeking insights into the mind-body connection, as well as for those who want the pleasure of finally having their favorite Louise Hay books together in one convenient volume!

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