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# You Can Heal Your Life



## Synopsis

This New York Times Bestseller has sold over 30 million copies worldwide. Louise's key message in this powerful work is: "If we are willing to do the mental work, almost anything can be healed."

Louise 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! Packed with powerful information - you'll love this gem of a book! --This text refers to an out of print or unavailable edition of this title.

## Book Information

Audible Audio Edition

Listening Length: 3 hours and 2 minutes

Program Type: Audiobook

Version: Abridged

Publisher: Hay House

Audible.com Release Date: November 16, 2006

Language: English

ASIN: B000KLPGTE

Best Sellers Rank: #86 in Books > Self-Help > Relationships > Love & Loss #150 in Books > Self-Help > Death & Grief #206 in Books > Audible Audiobooks > Religion & Spirituality > New Age & Occult

## Customer Reviews

When purchasing self help books, I think it helps to remember that, like ordering food or clothing, you're choosing something for yourself, not anyone else. The book doesn't need to suit anyone's needs but your own and if a book doesn't suit your needs, that doesn't mean it might not offer someone else exactly what they need to work through their situations. During years of researching the topics of healing, happiness and love and having read dozens of excellent books on these topics, Louise Hay's "You Can Heal Your Life" (YCHYL) is by far my favorite book of all. More than any other author, Louise Hay helped me get to the very core of the things I needed to know most in order to transform my own life from within. I originally picked up this book because it was referred to very favorably in another book I'd read and I was interested in that portion of "YCHYL" that dealt with the link between physical ailments and the unresolved emotional issues we carry around inside us. Having already cured myself of an ulcer by addressing such issues, I was most interested, initially, in learning everything I could in order to free myself of some other problems that had plagued my body over the years. I found this portion of YCHYL VERY helpful in clearing up several

problems I had at that time, but then set the book aside for a time, feeling I'd gotten from it about all I could. Years later, my girlfriend and I began reading it again, and it was like rediscovering the book all over again. She had also read it when she was younger and we thought it would be good for us to read through it together. WOW were we right.

I'm 48, and have been looking for this book my whole life!!, like many others, including the author, had a horrible childhood. I had parents who basically ignored me or appeared to hate me. There was emotional abuse and alcoholism. I have been struggling to pull my life together my entire adulthood, and have failed. I've read a lot of self-help books, and I watch Oprah. I've been to a couple of therapists, who never used the word worthy or really focused on the problem. Until recently, I didn't even know that my failure in life was due to feeling unworthy! There are a lot of books out there, but how many actually tell you HOW TO FEEL WORTHY? I believe that low feelings of self-worth are possibly the cause of much chronic depression and lethargy. And yet, so many books do not address this problem. I also believe many people are in therapy for decades for the sole purpose of trying to feel worthy. This book's sole purpose is to heal your life, and help you to feel worthy. I have only read about 1/3 of the book so far, and already I see changes. Ms. Hay helps you change how you feel about yourself with positive affirmations, in a certain order, building upon one another. Seem too simple? Let me tell you, it works! It is very much like cognitive therapy (addressing what your inner thoughts are), but for me, much more effective, because of the affirmations. She also writes the book with great warmth and wisdom - there is nothing clinical about it. Reading this book is like jumping in a pool of warm fragrant water, and letting the words just run all over you. There is great compassion and warmth in this book. It is as if a great sage is speaking, with love bursting out all over the place. Not only that, the book itself is healing just to look at!

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