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# The Essential Louise Hay Collection



## Synopsis

For more than 25 years, 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 ailments 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 readers to think of themselves positively and be more accepting of and grateful for who they 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!

## Book Information

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## Customer Reviews

Louise L. Hay is a metaphysical lecturer and teacher with more than 50 million books sold

worldwide. She is also the founder and chairman of Hay House, Inc., which disseminates books, CDs, DVDs, and other products that contribute to the healing of the planet. Please visit [www.LouiseHay.com](http://www.LouiseHay.com) and [www.HealYourLife.com](http://www.HealYourLife.com).

It is the best healing; how to love and respect yourself now; and new ways of healing yourself that you either did not know or had forgotten about. This would make an excellent gift for the upcoming holidays; birthdays; a gift of friendship and anyone who wants to sparkle more from the inside out. The advice is accurate, gentle and explains how to use it. It's a treasure for everyone in your family!

This book definitely gave me a huge boost in my growth. I was feeling kind of stuck and decided to get it based on a suggestion from a friend. It was just what I needed.

I am on page 408 of this book now. This is one of the best books I have ever studied. And I say study, because you don't want to just read it and move on. So much here to ponder and reflect on, you will want to take your time.

I've been reading her books and listening to her recordings for about 2 weeks. I have found so much peace and good as a result. I highly recommend her philosophy to anyone seeking a victorious mindset.

Excellent - thank you!

This collection is so interesting, I think everyone can benefit from the information she shares! Its simple to understand, and it makes you realize things about yourself, and start thinking positively then it's like your life runs more smoothly!

Louise, thank you so much for all your work, information, and your experiences! I was waiting for you for a long time and, finally, I have found you. I had so many questions in my mind for so many years, and now I have the answers. I am blessed! I can't thank you enough.

Louise Hay is in my opinion the best personal development author alive today. Transcendent. I made sure to purchase in hard cover as I have worn out some of her paperbacks over the years. If you only buy one book this year than make this the one.

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