

Gratitude A Way Of Life Louise L Hay

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Power Thoughts - Louise Hay 2005-07-01

"This little book is filled with positive affirmations. Every thought you think and every word you speak is an affirmation. So why not choose to use only positive affirmations to create a new way of thinking, acting, and feeling?...By reading these affirmations—one a day, several at a time, or just by opening the book at random—you're taking the first step toward building a more rewarding life...I know you can do it!" - Louise L. Hay

Gratitude - Louise Hay 1996-10-01

Louise L. Hay brings you a very special work that is dear to her heart. In *Gratitude*, Louise has gathered the insights and collected wisdom of some of the most wonderful teachers and writers she knows...people who have demonstrated the power of gratitude in their own lives. Renowned contributors such as Dr. Wayne W. Dyer, Dr. Joan Borysenko, Dan Millman, Harold Bloomfield, M.D., Bernie Siegel, M.D., Shakti Gawain, Dr. Doreen Virtue, and many, many more of her friends...share their understanding of the practice of gratitude with Louise... and with you.

Love Your Body (EasyRead Super Large 24pt Edition) - Louise L. Hay 2009-10-06

Louise Shows You How to ... LOVE YOUR BODY! In this wonderful little book, best-selling author Louise L. Hay brings you 54 affirmation treatments designed to help you create a beautiful, healthy, happy body. If you're challenged by a particular part of your body, use the corresponding affirmations daily until you realize positive results. "Each part of your body will start to work perfectly as a harmonious whole. You'll find lines disappearing, weight normalizing, and even posture straightening." - Louise L. Hay

The Present Moment - Louise Hay 2007-08-01

This little book is filled with positive affirmations that will show you that your point of power is always in the present moment, and this is where you plant the mental seeds for creating new experiences. Think about how you'd like to live and what you'd like to accomplish. Each day Louise L. Hay will help guide your thinking in positive ways to accomplish these goals. As you read this work, you'll find that you develop new mental habits that you can use for the rest of your life!

You Can Heal Your Heart - Louise L. Hay 2015-02-02

In *You Can Heal Your Heart*, self-help luminary Louise Hay and renowned grief and loss expert David Kessler, the protégé of Elisabeth Kübler-Ross, have come together to start a conversation on healing grief. This remarkable book discusses the emotions that occur when a relationship leaves you brokenhearted, a marriage ends in divorce, or a loved one dies. It will also foster awareness and compassion, providing you with the courage to face many other types of losses and challenges, such as saying good-bye to a beloved pet, losing your job, coming to terms with a life-threatening illness or disease, and much more. With a perfect blend of Louise's teachings and affirmations on personal growth and transformation and David's many years of working with those in grief, this empowering book will inspire an extraordinary new way of thinking, bringing hope and fresh insights into your life and even your current and future relationships. You will not only learn how to help heal your grief, but you will also discover that, yes, you can heal your heart.

Meditations to Heal Your Life - Louise L. Hay 2010

This is a book of ideas to spark your own creative thinking process. It will give you an opportunity to see other ways to approach your experiences. . . . As you read this book, you may find statements that you don't agree with; they may clash with your own belief systems. That's all right. It's what Louise calls stirring up

the pot. She says, "You don't have to agree with everything I say. But please examine what you believe and why. This is how you'll grow and change. . . ." Begin reading anywhere in this book. Open it at will. The message will be perfect for you at that moment. It may confirm what you already believe, or it may challenge you. It's all part of the growth process. Know that you are safe and all is well.

Heal Your Mind - Mona Lisa Schulz, MD, PHD 2017-10-10

"A much-needed guidebook . . . a treasure chest of insights." — Caroline Myss, M.D. "[A] brilliant new work . . . profound healing advice." — Brian L. Weiss, M.D. Many of us grapple with how to stay happy, calm, and focused in a world that seems to get more complex by the minute. How do we keep our wits about us, our mood stable, and our memory intact when our brains and bodies are bombarded with information and influences from every side? This one-of-a-kind resource combines cutting-edge science with compassion and wisdom to offer answers we can really use. *Heal Your Mind* continues the three-pronged healing approach that Dr. Mona Lisa Schulz and Louise Hay pioneered together in *All Is Well: Heal Your Body with Medicine, Affirmations, and Intuition*. Here, it's applied to aspects of the mind ranging from depression, anxiety, and addiction to memory, learning, and even mystical states. You'll learn what's going on in your brain and body when you feel sad, angry, or panicked; you have trouble focusing, reading, or remembering; a past trauma is clouding your mind in the present; and more. And in each chapter, you'll get a "virtual healing experience" through case studies in the All Is Well Clinic, where Dr. Mona Lisa uses medical intuition to pinpoint issues in a wide range of prototypical client histories and she and Louise offer solutions and affirmations to help restore well-being. Today, we tend to think our minds and bodies need an endless array of expensive, ever-changing pharmaceutical interventions. In truth, medicines are just one approach to healing the mind; nutritional supplements also support mind-body health; and affirmations restore us to balance by changing the way we think. *Heal Your Mind* puts all these tools at your disposal to help you choose your own path.

The Essential Louise Hay Collection - Louise Hay 2013-09-24

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!

Loving Yourself to Great Health - Louise Hay 2014-10-07

For decades, best-selling author Louise Hay has transformed people's lives by teaching them to let go of limiting beliefs. Now in this tour de force, Louise teams up with her go-to natural health and nutrition experts, Ahlea Khadro and Heather Dane, to reveal the other side of her secret to health, happiness, and longevity: living a nutrient-rich life. Unlike any health book you've ever read, this work transcends fads, trends, and dogma to bring you a simple yet profound system to heal your body, mind, and spirit that is as gentle as changing the way you think. Louise, Ahlea, and Heather show you how to take your health, your moods, and your energy to the next level. In *Loving Yourself to Great Health*, you will:

- Tap into the secrets Louise has used for decades to supercharge the effectiveness of affirmations and bring your body back into alignment with your mind;
- Discover what nutrition really means and how to cut through the confusion about which diets really work;
- Learn to hear the stories your body is eager to reveal; and
- Uncover techniques for longevity, vitality, good moods, deep intuition, and for meeting your body's unique healing needs at all stages of life.

At 88 years of age, Louise has much wisdom to share about what it takes to live a long, happy, healthy life. We invite you to join us on an amazing journey that will turn your life into your greatest love story.

You Can Heal Your Life 30th Anniversary Edition - Louise Hay 2017-12-11

This New York Times bestseller has sold over 50 million copies worldwide, including over 200,000 copies in Australia. 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 special edition, released to mark Hay House's 30th anniversary, contains 16 pages of photographs.

Gratitude -

Heart Thoughts - Louise Hay 2021-12-28

"This beautifully illustrated gift edition of *Heart Thoughts* is a collection of meditations, spiritual treatments, and excerpts from my lectures. It focuses on aspects of our day-to-day experiences, and is meant to guide and assist you in particular areas where you may be having difficulty. "It is now time for you to release old beliefs and old habits, and the meditations and treatments within these pages can help you build your confidence as you make necessary changes in your life. "This is a time of awakening. Know that you are always safe. And also know that it's possible to move from the old to the new, easily and peacefully." — Louise L. Hay

Life Loves You - Louise Hay 2016-04-26

Life loves you and you have the power within you to create a life you love. Life loves you is one of Louise Hay's best-loved affirmations. It is the heart thought that represents her life and her work. Together, Louise and Robert Holden look at what life loves you really means - that life doesn't just happen to you; it happens for you. In a series of intimate and candid conversations, they dig deep into the power of love, the benevolent nature of reality, the friendly universe, and the heart of who we really are. *Life Loves You* is filled with inspiring stories and helpful meditations, prayers, and exercises. Louise and Robert present a practical philosophy based on seven spiritual practices. Key themes cover:

- The Mirror Principle - practicing the how of self-love
- Affirming your Life - healing the ego's basic fear
- Following Your Joy - trusting your inner guidance
- Forgiving the Past - reclaiming your original innocence
- Be Grateful Now - cultivating basic trust
- Learn to Receive - being undefended and open
- Healing the Future - choosing love over fear

Trust Life - Louise Hay 2018-10-02

365 affirmations and reflections drawn from the inspirational work of Louise Hay. Queen of the New Age . . . A founder of the self-help movement . . . The closest thing to a living saint . . . Louise Hay was called all this and more, and her work inspired millions worldwide, but she never set herself up as a guru with all the answers. She urged every attendee at her workshops and conferences, every reader of her dozens of books, to remember that it is you who has the power to heal your life. She was just here to guide you on the path of remembering the truth of who you are: powerful, loving, and lovable. In honor of Louise's life, you now

hold in your hands this compilation of her most inspiring teachings from her greatest works. Our hope is that the 366 entries within this book allow you to carry the wisdom of Louise with you each and every day, and inspire you to trust the process of Life. As Louise said: "Very simply, I believe that what we give out, we get back; we all contribute to, and are responsible for, the events that take place in our lives--both the good and the so-called bad. We create our experiences based on the words we say and the thoughts we think. When we create peace and harmony in our minds and think positive thoughts, we will attract positive experiences and like-minded people to us. In essence, what I'm saying is that what we believe about ourselves and about Life becomes true for us."

Finding Gratitude - Rebekah Lipp 2019-02-19

Finding Gratitude introduces the concept of gratitude and the power of positive thinking in everyday life with simple reminders, beautiful photography, and easy-to-digest research on the topic. Gratitude is the feeling of appreciation or thanks, a concept that has been strongly associated with greater happiness and believed by many in the wellness industry to improve overall health. Join the growing number of people who are improving their health and outlook on life with appreciative thoughts. The powerful women behind this book, Bex Lipp and Nicky Perry, are part of AwesoME Inc, an organization that inspires their audience to use gratitude and positive thinking for mental and physical wellness. This timeless book contains short reminders that happiness can be found in the simplest things. Beautifully designed pages are accompanied by simple explanations that communicate the many reasons we can have to find gratitude each day. *Finding Gratitude* will help you improve your life—or the life of a family, friend, or co-worker—through conscious changes and environmental awareness. Soon, you will see more, enjoy more, and appreciate more.

Gratitude - Louise L. Hay 2008

This inspirational book created by renowned authors, should help the reader to recognize the importance of gratitude which will, in turn, help those who are less fortunate. All proceeds from the book go to "The Hay Foundation", a charity which helps to improve the quality of life for many people.

31 Days of Gratitude - Shilamida 2017-10-24

This is an easy to read book/workbook/journal. In *31 Days of Gratitude*, Shilamida shares her hard-earned knowledge with you. The first 10 pages are a simple explanation of the laws of the Universe, followed by 31 days of sample affirmations and room to journal your own thoughts and desires. Take a journey into the personal practice of gratefulness through positive affirmations and guidelines for living. Every single thing in your life right now has the ability to change if you believe it and practice gratitude! Life, love, money, abundance and pure magic is all within you if you commit to a mind shift! It's time to start your journey. Read what people are saying, "This book is a life changer! The day-by-day guide to help you see how much you truly have to be grateful for each morning when you open your eyes is exactly what we all need right now. Learning to focus on my breathe, intentions and feeling the energy of gratitude makes me want to open this book everyday! It may be called 31 Days Of Gratitude, but for me it is teaching me that this will be a Lifetime Of Gratitude." 31 Days of Gratitude Journal * 88 pages for tracking daily gratitude. * Features the daily prompt "I am Grateful For...." * Bonus pages for attracting love, money, and your life's purpose/career. * Great size - Can easily fit into a purse or tote bag * Great gift for all occasions *

The Golden Louise L. Hay Collection - Louise Hay 2011-09-01

Internationally bestselling author Louise L. Hay is a metaphysical lecturer and teacher with more than 60 million books sold worldwide. For more than 25 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. *The Golden Louise L. Hay Collection* is an omnibus of her most loved books - *You Can Heal Your Life*, *Heal Your Body* and *The Power is Within You*. *You Can Heal Your Life* is a New York Times bestseller with over 39 million copies sold worldwide. Louise's key message in this powerful work 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 more than 20 years ago. Using her simple and practical techniques, you will be surprised to discover patterns in your own ailments that reveal a lot about yourself. This handy 'little blue book' offers positive new thought patterns to replace negative emotions, an alphabetical chart of physical ailments with their probable causes as well as healing

affirmations to help you 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. Focusing on building emotional and mental immune systems, she encourages the reader to think of themselves positively and be more accepting and grateful for who they are. The Golden Louise L. Hay Collection is the perfect read for those seeking insights to the mind body connection and the miraculous benefits of this dynamic as well as for those who want the pleasure of knowing that their favorite Louise Hay books are finally together in one place.

Love Your Body - Louise L. Hay 2009-10

Bestselling author Hay presents 54 affirmation treatments designed to help people create a beautiful, healthy, happy body.

Attitudes of Gratitude - M. J. Ryan 2017-10-01

Discover the life-changing power of practicing gratitude in your daily life with this new edition of the inspirational classic. Foreword by Mark Nepo, bestselling author of The Book of Awakening. Gratitude is a simple, profound practice that can transform your life. Research has confirmed its many emotional and physical benefits. Taking the time to notice and reflect upon good things opens our hearts, increases happiness, and puts us in a positive mindset where we are prone to notice what's right instead of what's wrong. In a series of brief, evocative essays, personal success mentor M. J. Ryan teaches you how to unlock the fullness of life through the simple joy of living from a grateful heart. As she writes, "Gratitude births only positive feelings: love, compassion, joy, and hope. As we focus on what we are thankful for, fear, anger, and bitterness simply melt away, seemingly without effort." Attitudes of Gratitude will teach you how to reach this positive place.

Gratitude - Louise L Hay

Everyday Positive Thinking - Louise L. Hay and Friends 2009

A collection of positive thoughts from Louise L. Hay and others.

An Attitude of Gratitude - Keith D. Harrell 2004-08-01

In this heartfelt memoir, motivational speaker and life coach Keith D. Harrell writes passionately about the lessons he's learned from his parents, grandmother, teachers, coaches, mentors, and friends as he overcame stuttering to become one of the nation's top-ranked professional speakers. Tall, skinny and shy, Harrell painfully learned on his first day of school that he couldn't talk like the other students. Embarrassed by the kids' teasing and feeling dejected, he ran home during recess, where he was met by an understanding mom who wouldn't allow him to remain discouraged. The lesson Harrell gained from this experience and imparts to his readers is: God specializes in originals. He doesn't make junk! Each chapter in this heartfelt book begins with a quote from the Bible and concludes with a touching and insightful life lesson. Harrell's story encompasses his years of speech therapy, the awkwardness of being a foot or two taller than his elementary-school teachers, his father's tough love, the anguish of his parents' divorce, gaining confidence through playing basketball—and eventually being scouted by the NBA and then watching his dream evaporate. He goes on to recount the trials he underwent in the corporate world as he sought out his true passion, and how he built a fledgling business into a million-dollar enterprise, eventually receiving enormous acclaim as a professional speaker. Harrell's faith in God and unflagging attitude propelled him to success as he enthusiastically tackled each obstacle that beset him along his path. In An Attitude of Gratitude, he presents this story as an inspiring source of encouragement for anyone who has ever experienced setbacks and wants to learn how to become better equipped to handle each challenge as it arises.

You Can Heal Your Life - Louise L. Hay 2005-01-30

Louise Hay brings you the fun, practical, and easy-to-use You Can Heal Your Life Affirmation Kit, based on her international bestseller. This kit will give you everything you need to create the joyful, creative, and fulfilling life you desire. Included within, you'll find:

Empowering Women - Louise L. Hay 2009-11

With the 21st century upon us, many people are talking about all the "earth changes" that will occur.

However, in this inspirational book, best-selling author Louise L. Hay reveals that the primary changes we will see will be internal changes. She points out that when we, as women, are willing to shift our internal ground, our earth, we will operate on a much more expanded level in life. Louise's goal is to see that all women experience self-love, self-worth, self-esteem, and a powerful place in society. In her inimitably warm and forthright manner, she offers penetrating insights into how women of all ages and backgrounds can achieve this goal and make the coming years the most productive, fulfilling, and empowering ones ever!

Letters to Louise - Louise Hay 2011-01-01

Updated Edition, with a Revised Cover! "This book is a collection of letters I've received and answered over the years from people all over the world. The letters express deep concerns about 20 different topics—including addictions, dis-ease, family relationships, the inner child, and parenting, just to name a few. Almost all of the people who have written to me have wanted to change themselves—and their world—in some way. In my replies, I've tried to be the catalyst that helps these individuals accomplish their goals. I think of myself as a stepping-stone on a pathway of self-discovery. Perhaps you will see some aspect of yourself in these pages. It is my belief that by reading about other people's challenges and aspirations, we can see ourselves and our own problems in different ways. Sometimes we can use what we learn from others to make changes in our own lives. I hope this book will allow you to realize that you, too, have the strength within to change, and to find solutions on your own—that is, to seek the answers that are within you." — Louise L. Hay

The Gift of Gratitude - Louise Hay 2021-12-28

Beautifully illustrated guided journal based on the work of Louise Hay, packed with affirmations and motivational exercises on self-love, joy, and living in gratitude. Life is very simple: What we give out, we get back. The Universe always gives us what we believe we deserve. No matter what the problem seems to be, there is really only one solution, and that is loving the self. Love is the miracle cure. Loving ourselves works miracles in our lives. Gratitude is key to all of this. -- Louise Hay When you find a little time every day to count your many blessings, you open yourself up to all the good the Universe wants to give to you. Discover your attitude of gratitude through this guided journal, based on the writings of Louise Hay, including her time-honored exercises and affirmations to help you deepen the process of gratitude so that it becomes an essential part of your life. As you learn to love yourself, as your thinking changes, your consciousness and world will change to one filled with love and joy and health and inspiration and adventure--the way it was always meant to be.

Mirror Work - Louise Hay 2016-03-22

From the New York Times best-selling author of You Can Heal Your Life Mirror work has long been Louise Hay's signature method for cultivating a deeper relationship with yourself and others, and leading a rich and meaningful life. Now, in Mirror Work, she shows how in just 21 days, you can master this simple but powerful practice as an ongoing support for positive transformation and self-care. "I have been teaching people how to do mirror work as long as I have been teaching affirmations . . . The most powerful affirmations are those you say out loud when you are in front of a mirror, looking deeply into your eyes. A mirror reflects back to you the feelings you have about yourself. It makes you immediately aware of where you are resisting and where you are open and flowing. It clearly shows what thoughts you will need to change if you want to have a joyous, fulfilling life." - Louise Hay

One Hundred One Power Thoughts - Louise L. Hay 1994-08-01

Inner Wisdom - Louise L. Hay 2009-12

Within each of us is a center of wisdom far deeper and greater than we are aware of. The meditations in this book are designed to connect with that center and magnify our understanding of life. When we are willing to open our consciousness to new ideas and new ways of thinking about issues, then our lives change for the better. The way we begin our day sets the tone for the experiences that will follow and how we will react to them. A good way to use this book is to open it at random first thing in the morning. Know that the meditation you choose is the perfect message for that day. It's also nice to close the day with uplifting thoughts. This will allow you to have pleasant dreams and to awaken clearheaded in the morning. Remember, in the vast infinity of life, all is perfect, whole, and complete ... and so are you. Louise L. Hay,

the bestselling author of *You Can Heal Your Life*

Gratitude - Louise L. Hay 2008

I Think, I Am! Louise Hay 2020-09-08

"Your thoughts create your life!" This is the message that Louise Hay has been teaching people throughout the world for more than 27 years. Now, children can learn and understand the powerful idea that they have control over their thoughts and words, and in turn, what happens in their life. Within the pages of *I Think, I Am!* kids will find out the difference between negative thoughts and positive affirmations. Fun illustrations and simple text demonstrate how to make the change from negative thoughts and words to those that are positive. The happiness and confidence that come from this ability is something children will carry with them their entire lives!

Experience Your Good Now! - Louise L. Hay 2010

In this delightful book, Hay discusses the power and importance of affirmations and shows readers how to apply them "right now!" On the enclosed CD, Hay offers helpful information about affirmations.

The Present Moment - Louise L. Hay 2010-05

This little book is filled with positive affirmations that will show you that your point of power is always in the present moment, and this is where you plant the mental seeds for creating new experiences. Think about how you'd like to live and what you'd like to accomplish. Each day Louise L. Hay will help guide your thinking in positive ways t...

Life! - Louise L. Hay 2009-11

In *LIFE! Reflections on Your Journey*, Louise L. Hay brings you a truly moving and inspirational book that will help you identify and heal a number of the pressing issues that you encounter on your path. Among other topics, Louise deals with growing up, relationships, work, health, spirituality, aging, death ... and many of the problems, fears, and challenges that these passages bring about. No matter what obstacles lie before you, Louise continually reminds you that the magnificent, frightening, delightful, ridiculous, astounding phenomenon that you experience between birth and death is what *LIFE* is all about!

All is Well - Louise Hay 2014-05-06

"Whenever there is a problem, repeat over and over: All is well. Everything is working out for my highest good. Out of this situation only good will come. I am safe." In this healing tour de force, best-selling authors Louise L. Hay and Dr. Mona Lisa Schulz have teamed up for an exciting reexamination of the quintessential teachings from *Heal Your Body*. *All Is Well* brings together Louise's proven affirmation system with Mona Lisa's knowledge of both medical science and the body's intuition to create an easy-to-follow guide for health and well-being. And, for the first time ever, they present scientific evidence showing the undeniable link between the mind and body that makes these healing methods work. Bringing focus and clarity to the effects of emotions on the body, *All Is Well* separates the body into seven distinct groups of organs—or emotional centers—that are connected by their relationship to certain emotions. Structured around these emotional centers, the authors outline common imbalances and probable mental causes for physical illness. They also include case studies that show a complete program for healing that draws from all disciplines, including both traditional and alternative medicine, affirmations, nutritional changes, and so much more. Using the self-assessment quiz, the holistic health advice, and an expanded version of Louise's original affirmation chart, you can learn how to heal your mind and body with affirmations and intuition and live a

balanced, healthy life.

The Little Book of Gratitude Robert Emmons 2016-07-14

Gratitude is the simple, scientifically proven way to increase happiness and encourage greater joy, love, peace, and optimism into our lives. Through easy practices, such as keeping a daily gratitude journal, writing letters of thanks, and meditating on the good we have received, we can improve our health and wellbeing, enhance our relationships, encourage healthy sleep, and heighten feelings of connectedness. Easily accessible and available to everyone, the practice of gratitude will benefit every area of your life and generate a positive ripple effect. This beautiful book, written by Dr Robert A Emmons, Professor of Psychology at UC Davis, California, discusses the benefits of gratitude and teaches easy techniques to foster gratitude every day.

The Power Is Within You - Louise Hay 1995-03-07

"Louise Hay writes to your soul—where all healing begins. I love this book... and I love Louise Hay." — Dr. Wayne W. Dyer In *The Power Is Within You*, Louise L. Hay expands her philosophies of loving the self through: · learning to listen and trust the inner voice; · loving the child within; · letting our true feelings out; · the responsibility of parenting; · releasing our fears about growing older; · allowing ourselves to receive prosperity; · expressing our creativity; · accepting change as a natural part of life; · creating a world that is ecologically sound; · where it's safe to love each other'; · and much more. She closes the book with a chapter devoted to meditations for personal and planetary healing.

You Can Create An Exceptional Life Louise Hay 2013-01-08

For countless people around the world, the words of Louise Hay have served as a beacon, leading them out of the darkness of despair and into the light of a better life. Cheryl Richardson is one of the many individuals whom Louise has greatly influenced . . . before going on to become a best-selling author herself. So what happens when these two combine their collective wisdom into one book? The result is what you're now holding in your hands. As Louise and Cheryl engage in a series of empowering and intimate conversations, you'll feel as if you're simultaneously having lunch with your best friends and also attending a master class put on by two leaders of the self-empowerment movement. As they travel throughout North America and Europe together, Louise and Cheryl discuss a wide range of topics, including the importance of loving ourselves and our bodies; aging consciously; bringing true prosperity and abundance to the world; manifesting positive relationships—both with family and friends and in the workplace; and facing death in a dignified and peaceful way. These two amazing women are living proof that the spiritual principles they discuss in these pages really work. As you read, you'll discover that you, too, have the ability to create an exceptional life!

The Magic Path of Intuition - Florence Scovel Shinn 2013-12-02

Florence Scovel Shinn was a gifted teacher who shaped the fields of spiritual growth and New Thought. Her practical, straightforward style empowered countless people to trust their inner knowing and overcome their challenges. With an Introduction by self-help luminary Louise Hay, who credits Florence as one of her early inspirations, this simple yet poignant book—which contains original, previously unpublished text—can help you positively transform your life. Powerful affirmations will show you how to cultivate your intuition and release any resistance, fear, and doubt. Florence said, "You must live fully in the now to make your dreams come true." Are you ready to follow your own magic path, your Divine wisdom, and realize your dreams? Goals or wishes that seem far off or unattainable are just waiting for you to believe in your potential and innate ability to manifest your desires!