

Meditations to Heal Your Life

Louise Hay
the New York Times bestselling author of The Secret, The Way to Zen, and The Power of Positive Thinking



BOOK DETAILS

- Author : Louise L. Hay
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BOOK SYNOPSIS

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.

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