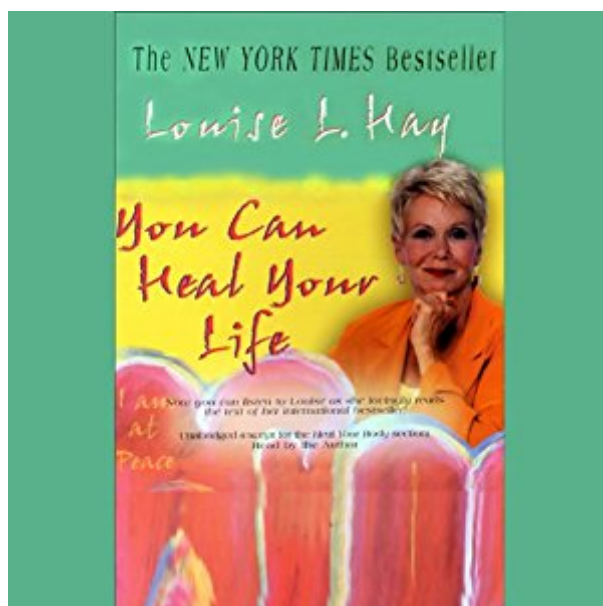


The book was found

# You Can Heal Your Life (Unabridged, Adapted For Audio)



## Synopsis

In this inspirational and practical book, there is enough information for everyone to begin the realization of healing of whatever they need to heal... You Can Heal Your Life, the definitive bestselling book on self-healing, has transformed the lives of millions of people. This is a book that people credit with profoundly altering their awareness of the impact that the mind has on our health and well-being. In 1984, You Can Heal Your Life was published. In it, Louise explains how our beliefs and ideas about ourselves are often the cause of our emotional problems and physical maladies and how, by using certain tools, we can change our thinking and our lives for the better. This New York Times Bestseller has sold over 39 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! In this inspirational work, world-renowned teacher, Louise L Hay offers profound insights into the relationship between the mind and body. Exploring the way that limiting thoughts and ideas control and constrict us, she offers us a powerful key to understanding the roots of our physical diseases and discomforts. Full of ideas and strategies that have worked the millions of people worldwide, this practical selfhelp guide will change the way you think forever!

## Book Information

Audible Audio Edition

Listening Length: 5 hours 12 and 12 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Hay House

Audible.com Release Date: February 26, 2004

Language: English

ASIN: B0001O3502

Best Sellers Rank: #2 in Books > Health, Fitness & Dieting > Aging #7 in Books >

Self-Help > Relationships > Love & Loss #8 in Books > Self-Help > Death & Grief

## Customer Reviews

This book changed my life. I know you've heard that said about a lot of books and I'm sure there are other fine books out there. But this one, You Can Heal Your Life, by Louise Hay, is the motherbook from which all others evolved. I was introduced to it in 1990, 26 years ago, when I was 42. At the

time I was reeling from a pessimistic cancer diagnosis, the end of my marriage, and the development of Chronic Fatigue Syndrome. I'm almost 69 and this is the book that showed me how to live with and through all that and more. I've given away at least a hundred of these books and this one went to my new friend, Tina, who is excited about the changes in her life she has already made. I can't recommend it highly enough.

I am still trying to read the whole book after a year of purchasing it but i love what i had read so far and highly recommended.

I've referred to this book for years. Great and straight forward view mind body connection.

This is the renaissance that the health care industry has been waiting for. Self-empowered, mindful people taking charge of their own wellness. - Linda Dierks, Spin Straw to Gold

It was an eye opener that I needed and the door to a new level of consciousness. It is easy to understand for those who need simple explanation of how the world works and the importance of the I.

Beautiful Book! Soothing artwork with wonderful explanations about how emotions cause physical problems...great 'abc' listings of symptoms! Very helpful and Louise's work is right on!

Beautiful book, beautiful positive affirmations and thoughts. Louise Hay is a wonderful teacher and an incredible woman.

Great inspiration for healing! Hay teaches us that we have more power to change our health than we think.

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