

future!" - Louise L. Hay

A beautiful gift edition of Louise Hay's international bestseller You Can Heal Your Life features ideas and strategies that have worked for millions of people worldwide. This book offers profound insight into the relationship between the mind and the body. Exploring the way that limiting thoughts and ideas control and constrict us, it offers us a powerful key to understanding the roots of our physical diseases and discomforts. Her key message is: "If we are willing to do the mental work, almost anything can be healed." Louise has a great deal of experience and firsthand information to share about healing, including how she cured herself after being diagnosed with cancer.

Creative Visualization is the art of using mental imagery and affirmation to produce positive changes in your life. It is being successfully used in the fields of health, business, the creative arts, and sports, and in fact can have an impact in every area of your life. With more than six million copies sold worldwide, this pioneering bestseller and perennial favorite helped launch a new movement in personal growth when it was first published. The classic guide is filled with meditations, exercises, and techniques that can help you use the power of your imagination to create what you want in your life, change negative habit patterns, improve self-esteem, reach career goals, increase prosperity, develop creativity, increase vitality, improve your health, experience deep relaxation, and much more. This book can help you to increase your personal mastery of life.

Discover the proven classics of personal transformation and the books that have served as catalysts of change for millions.

All Is Well

You Can Heal Your Life Companion Book

The Golden Louise L. Hay Collection

How to Use Affirmations to Change Your Life

A Treasury of Inner Wisdom

Heal Your Body A-Z is a fresh and easy step-by-step guide, set up in an A-to-Z format. Just look up your specific health challenge, and you will find the probable cause for this health issue, as well as the information you need to overcome it by creating a new thought pattern.

"New York Times" Bestseller! As featured on "Oprah!" and" Donahue! "Over 16 Million copies sold worldwide, 3 Million in the USA! Louise L. Hay, best selling author, is an internationally known leader, her key message is: "If we are willing to do the mental work, almost anything can be healed." The author has a great deal of experience and first hand information to share about healing, including how she cured herself after having been diagnosed as being terminally ill with cancer. By listening to this four CD set and doing the exercises and repeating the affirmations and beneficial thought patterns, YOU CAN CREATE THE LIFE YOU'VE ALWAYS WANTED. "An excellent book for restructuring one's life and finding self-esteem and self love." -Bernie S. Siegel, M.D. Author of Love, Medicine Miracles

Louise L. Hay, bestselling author of You Can Heal You Life, is an internationally known leader in the self-help field. Her key message is: "If we are willing to do the mental work, almost anything can be healed." The author has a great deal of experience and firsthand information to share about healing, including how she cured herself after being diagnosed with cancer. An excerpt from You Can Heal Your Life: Life Is Really Very Simple. What We Give Out, We Get Back What we think about ourselves becomes the truth for us. I believe that everyone, myself included, is responsible for everything in our lives, the best and the worst. Every thought we think is creating our future. Each one of us creates our experiences by our thoughts and our feelings. The thoughts we think and the words we speak create our experiences.

'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 - practising the 'how' of self-loveAffirming Your Life - healing the ego's basic fearFollowing Your Joy - trusting your inner guidanceForgiving the Past - reclaiming your original innocenceBeing Grateful Now - cultivating

basic trustLearning to Receive - being undefended and openHealing the Future - choosing love over fear

You Can Heal Your Life, Companion Book

A Mindset Mastery Roadmap To Release Fear, Awaken To Your Highest Self, and Create a Powerful Life

You Can Heal Your Heart

You Can Heal Your Life 30th Anniversary Edition

Use the Power of Your Imagination to Create What You Want in Your Life

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 dont agree with; they may clash with your own belief systems. Thats all right. Its what Louise calls stirring up the pot. She says what you believe and why. This is how youll 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. Its all part of the growth process. Know that you are safe and all is well.

This New York Timesbestseller has sold over 50 million copies worldwide, including over 200,000 copies in Australia. Louise's key message in this powerful work is- olf we are willing to do the mental work, almost anything can be healed.o Louise explains how limiting beliefs and ideas are often the cause of illness, and how you can change

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.

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:

"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 Her 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 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 includes 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.

Heal Your Body with Medicine, Affirmations and Intuition

Affirmation Kit

All is Well

You Can Heal Your Life, Gift Edition

Do you desire for more peace and clarity for your life? Do you want to learn to release fear, self-doubt, and guilt? Do you want to discover your life purpose? Do you aspire to have an impact? Do you yearn for a life that reflects who you really are and that solves a problem you care about?If so, this book is for you."I have dedicated my life to healing the mind and have explored many spiritual teachings and have gleaned what has helped me. I want to share from my experience in the hopes that it will save you time and needless struggle." - Monica Dubay

"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

Heal Your Body