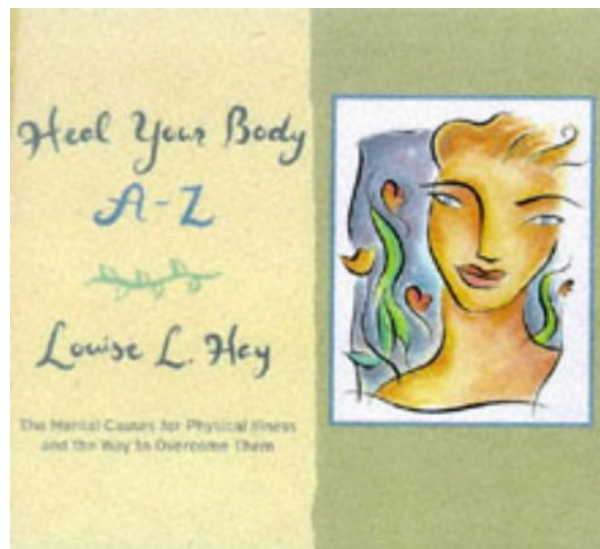
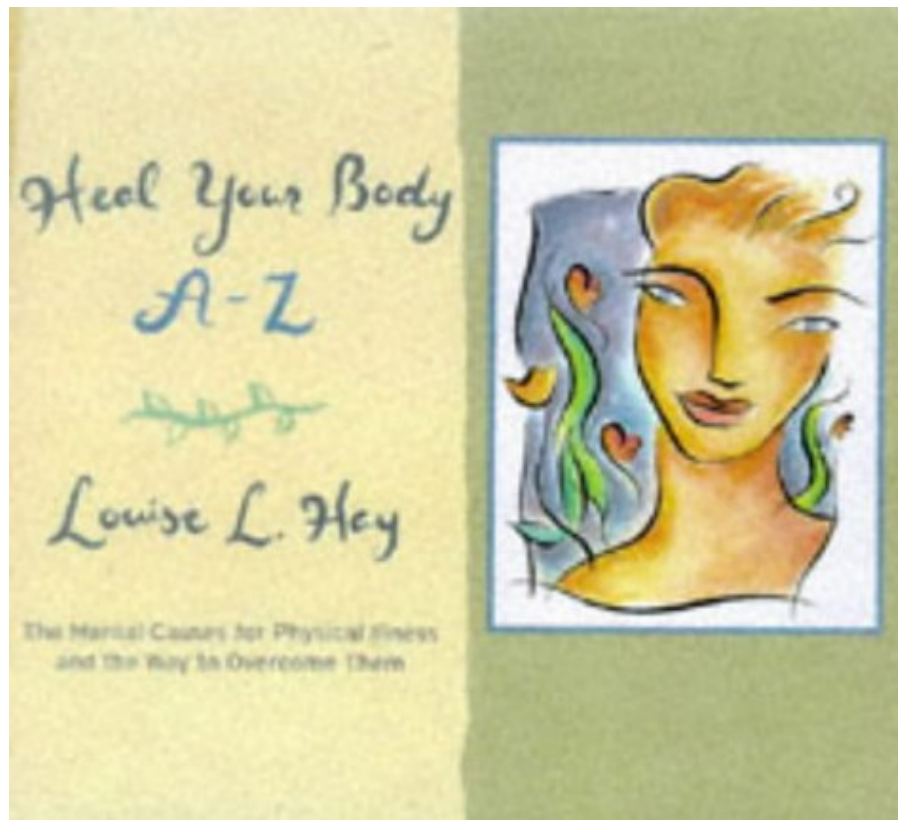


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About the Author

Louise Hay, the author of the international bestseller *You Can Heal Your Life*, is a metaphysical lecturer and teacher with more than 40 million books sold worldwide. For more than 30 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. Louise is the founder and chairman of Hay House, Inc., which disseminates books, CDs, DVDs, and other products that contribute to the healing of the planet. Visit www.LouiseHay.com

Robert Holden, Ph.D., is the creator of the Loveability program. His work on psychology and spirituality has been featured on Oprah, Good Morning America, and a PBS special called "Shift Happens." He was also featured in two major BBC-TV documentaries, *The Happiness Formula* and *How to Be Happy*. His corporate clients include Dove and its Campaign for Real Beauty. He is author of *Happiness NOW!*, *Shift Happens!*, *Authentic Success* (formerly titled *Success Intelligence*), and *Be Happy*. Robert hosts a weekly show on Hay House Radio called *Shift Happens!* He also contributes daily to his Facebook page at www.facebook.com/drrobertholden. For information, visit www.robertholden.org.

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Most helpful customer reviews

8 of 8 people found the following review helpful.

Small Book, Useful, Interesting and Thought-Provoking

By Allysen W.

If you enjoy meditating and like to find new ways to switch it up, I recommend this book. The price makes it worth it!

I'm not a big fan of meditation, but found this book really interesting. I was intrigued to read how all of these ailments coincided with the psyche in some way. I find it hard to believe that each of these are FACT; but

either way meditation is good for the mind and these affirmations are pretty decent to use for meditation.

I feel this book, or ailment-psyche dictionary, rather, is in a similar realm of acupressure, acupuncture, reiki (sp?), holistic healing, etc.

If you are someone who responds well to positive affirmations, this will likely be a terrific investment. I think it's amazing how it is really possible to alter our physical health through the power of thinking. Negative thoughts could cause a healthy person to deteriorate and positive thoughts could be "the thing" that sent an individual's terminal illness into remission.

7 of 7 people found the following review helpful.

Shocked at its precision

By MsDbone

While going through a hard time awhile back, one day I woke up with unexplained pain in my thumb. I was talking to my Aunt, who used this book to try to find the problem.

Intellect and worry was the probable condition that popped up. it was spot on. I was worrying about my ability to make the goals happen that I had set for myself. And when they didn't come into being in the time frame I wanted, I felt horrid.

It also was extremely precise in its knowing about the eyes. I developed a sty that wouldn't go away despite 3 rounds of antibiotics and warm compresses for 3 months, and was still there after 7 years! and would inflame during certain times I was unhappy. I wasn't enjoying the pictures of my life I had created for myself. I was angry at the decisions I had made for myself and where it had lead me!

The way the body speaks to you when you ignore your issues!

This lead me to a book "What to Say When You Talk Yourself" by Shad Helmstetter. I now create a life I enjoy looking at, and my sty has diminished ALOT. However, there is one last thing I must remove from my life, and better self-talk and Ms. Hayes affirmations have seriously helped to solve the problem, instead of mask it.

Acne: not wanting to FACE (you get it, right?) your problems. And that again, was spot on. I didn't want to face the emotions that came with a break-up, so I stayed in a relationship I wasn't happy in. However, that has changed as well and my skin is clearing up wonderfully with no change in cleansing habits.

Thank you Louise Hayes. I am giving out copies to friends and family. Everyone should keep this little gem as a reference when your doctors are unable to help with your emotional, mental, and physical problems with the use of drugs. Sometimes it takes forgiving yourself, letting go of guilt, and finding that courage to do the things you may not have wanted to do in the past and

letting the body heal itself. Peace and health to you all!

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