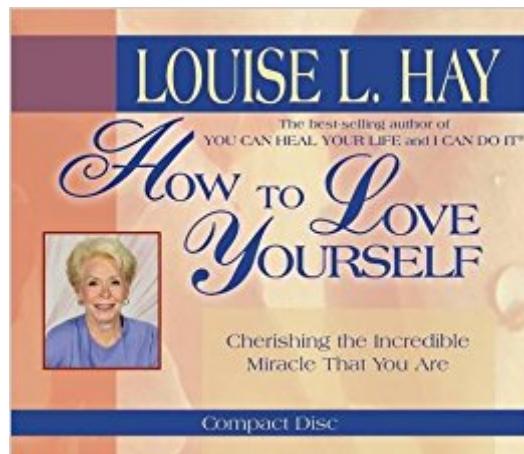


The book was found

How To Love Yourself



Synopsis

Would you like to be more at ease with yourself? Do you sometimes feel that you are your harshest judge? Would you like to incorporate more positive energy into your life? If so, then this CD is for you! Louise L. Hay guides you through each of her ten steps to loving yourself. She discusses the concept of criticism, the power of meditation, being willing to change, what you believe you deserve, and much more. These ten steps are perfect for you if you're looking for more realistic, practical ways to feel good about yourself. Louise closes the lecture with a beautiful and empowering meditation.

Book Information

Audio CD

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Product Dimensions: 5.8 x 0.5 x 4.9 inches

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Average Customer Review: 4.5 out of 5 stars 51 customer reviews

Best Sellers Rank: #119,789 in Books (See Top 100 in Books) #79 in Books > Books on CD > Health, Mind & Body > Self Help #83 in Books > Books on CD > Religion & Spirituality > General #88 in Books > Books on CD > Health, Mind & Body > Personal Growth

Customer Reviews

'Hay is a living embodiment of overcoming seemingly impossible challenges' The Sunday Times Style Magazine

Louise L. Hay is a metaphysical lecturer and teacher and the bestselling author of numerous books. Her works have been translated into 29 different languages in 35 countries throughout the world. For more than 25 years, Louise has assisted millions of people in discovering and using the full potential of their own creative powers for personal growth and self-healing. Louise is the founder and chairman of Hay House, Inc., a publishing company that disseminates books, audios, and videos that contribute to the healing of the planet.

She has been around forever and I discovered her five years ago after I had cancer. A therapist

recommended I get some of her books and cds to help me through everything. They are a breath of fresh air. The way she puts things really helps you deal with things and see them from a much more positive viewpoint. I currently have about four of her books and 4 cds in my car. I have also given it out as gifts to friends getting divorced or going through a rough time in life. She will change your life and speak to your soul.

I listen to this every morning while I am checking my email and facebook. It's a wonderful CD to listen to as a reminder of how important it is to not be critical of oneself. EVER. I love her work. I am a psychotherapist and recommend this CD to all my clients.

This is a very good recording. I realize more and more how women go through life trying to please others and blaming themselves for tragic acts of violence against them. This is a wonderful CD for women that lack confidence to the woman that has been abused. I highly recommend this CD for all!

This teaching to love oneself has been so healing for me. If you are looking for encouragement to learn how to heal your mind, your emotions, and even your body, Louise Hay offers a wonderful teaching on self-compassion which is a key to this healing. The main thing that I take away from her teachings is the simple phrase: "I love and accept myself deeply and sincerely." It has become my mantra to counteract shame-based messages. If you have a difficult time loving yourself, you might want to consider giving yourself the gift of this teaching.

I love Louise Hay!! This is a wonderful audio! Do yourself a favor and buy the CD to learn many beautiful ways of showing yourself love!!

It is a good CD.

This has been so helpful. I was going thru a tough break up and it helped me to love myself and let go of something unhealthy. It basic and simple but at times we just need those reminders. I really appreciate it. It also helped me to relax. When I'm stressed to do some affirmations and just breathe.

Outstanding!! If you want to help yourself to love yourself, this CD will support you in doing it!!

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