



Life!: Reflections on Your Journey

By Louise L. Hay

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The most moving and inspirational book yet from the bestselling author of You Can Heal Your Life, Meditations to Heal Your Life, Heart Thoughts, and many other popular books. In Life!, Louise deals with the pressing issues that readers face throughout life--growing up, relationships, work, spirituality, elders, and death--and all the challenges, fears, and problems that are attendant to them.

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Editorial Review

From Library Journal

By expanding on concepts from her previous best sellers (e.g., *The Power Is Within You*, Hay House, 1991), Hay has produced another winner. Using her personal experiences, she illustrates a lifetime of growth and change. Each stage of life is touched on: childhood, adulthood, work life, relationships, and old age, as well as death and dying. Throughout, her philosophy supports the movement among the medical profession (as seen in the works of Deepak Chopra, Dean Ornish, and others) toward dealing with the whole person in the belief that mind, body, and soul work together for total health. Ending with a recommended reading list, a list of self-help sources, and expanded affirmations, this book is packed with the inspiration of all Hays's other works. Highly recommended for public and medical libraries. *?Lisa Wise, Univ. of Southern Colorado, Pueblo*

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Review

Simple and achievable suggestions for changing attitudes and creating a more positive mental and physical state are packed into Hay's *Life!* From affirming self-love and working out relationships with parents to releasing negative past feelings which can hinder present and future relationships, this packs in important and easy tips. -- *Midwest Book Review*

From the Back Cover

Louise L. Hay, the world-renowned author and metaphysical teacher, brings you her most moving and inspirational book to date. In "*Life!*", Louise deals with the pressing issues that we face throughout our lives - growing up, relationships, work, spirituality, our elder years, death... and many of the problems, fears and challenges that are attendant to them.

No matter what obstacles lie before you, Louise continually reminds you that the magnificent, frightening, delightful, ridiculous, astounding phenomenon that you experience between birth and death is what life is all about!

Users Review

From reader reviews:

Angela Gagne:

Now a day individuals who Living in the era just where everything reachable by connect with the internet and the resources included can be true or not involve people to be aware of each facts they get. How individuals to be smart in acquiring any information nowadays? Of course the reply is reading a book. Studying a book can help people out of this uncertainty Information specially this *Life!: Reflections on Your Journey* book because this book offers you rich info and knowledge. Of course the knowledge in this book hundred per-cent guarantees there is no doubt in it you probably know this.

Esta Banks:

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Debra Brunette:

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