



# Love Yourself, Heal Your Life Workbook (Insight Guide)

*Louise Hay*

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## **Love Yourself, Heal Your Life Workbook (Insight Guide)** Louise Hay

Based on Louise Hay's bestselling book "You Can Heal Your Life" this interactive workbook is really about change. It directly applies Louise's techniques of self-love and positive thinking to a wide range of topics that effect us all on a daily basis, including: Health Fears and Phobias, Sex, Self-Esteem, Money and Prosperity, Friendship, Addictive Behaviour, and, Work and Intimacy.

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