

## **Love Your Body Louise L Hay**

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Love Your Body : A Positive Affirmation Guide for Loving and Appreciating Your Body, Paperback by Hay, Louise L., ISBN 1561706027, ISBN-13 9781561706020, Brand New, Free shipping in the US In this wonderful little book, Louise L. Hay brings you 54 affirmation treatments designed to help you create a beautiful, healthy, happy body.

~~Love Your Body: A Positive Affirmation Guide for Loving ...~~  
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<http://greatnessofbeing.com>

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~~Love Your Body : A Positive Affirmation Guide for Loving ...~~

Description of the book "Love Your Body (Louise Hay)": This 30-day affirmation guide is designed to help create a new, beautiful, healthier, and happier body. Old thought patterns are changed to provide a new appreciation of the body.

~~Love Your Body Louise L~~

The body, like everything else in life, is a mirror of your inner thoughts and beliefs. When you listen with love to your body's messages, you will fuel it with the food it needs, exercise it, and love it.

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your body, use the appropriate affirmations daily until you achieve positive results. Paperback, 132 pages

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Love your body—starting today. The next time you reach for your favorite beverage, check the sugar content. And then, have a nice cup of tea. Let's affirm: I am willing to learn how to take good care of my body. References "What Happens to Your Body Within an Hour of Drinking a Coke." Posted: October 24, 2007. Nutrition Research Center.org.

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Love Your Body Little babies love every inch of their bodies. They have no guilt, no shame, and no comparison. You were like that, and then somewhere along the line you listened to others who told you that you were "not good enough."

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Love Your Body On this wonderful audio program, Louise L. Hay narrates the positive affirmation treatments from her book of the same name, which are designed to help you manifest a beautiful, healthy, happy body.

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journey, affirmations, and encourage you to create joy in your life. All is well! ♥ Louise Hay. ... Love Your Body - by Louise Hay - Listen to 400+ Affirmations to Heal Your Body . First Name. Email address. Subscribe.

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Louise L. 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 25 years,



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Louise has helped people throughout the world discover and implement the full potential of their own creative powers for personal growth and self-healing.

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