



## 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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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.

## **Life!: Reflections on Your Journey** By Louise L. Hay Bibliography

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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:**

**Michael Hill:**

What do you consider book? It is just for students since they are still students or the item for all people in the world, exactly what the best subject for that? Just simply you can be answered for that concern above. Every person has several personality and hobby for every single other. Don't to be obligated someone or something that they don't want do that. You must know how great along with important the book *Life!: Reflections on Your Journey*. All type of book is it possible to see on many sources. You can look for the internet solutions or other social media.

**Christopher McCrady:**

This *Life!: Reflections on Your Journey* is great publication for you because the content which is full of

information for you who else always deal with world and still have to make decision every minute. This particular book reveal it info accurately using great plan word or we can claim no rambling sentences inside it. So if you are read the idea hurriedly you can have whole facts in it. Doesn't mean it only gives you straight forward sentences but tricky core information with lovely delivering sentences. Having Life!: Reflections on Your Journey in your hand like keeping the world in your arm, information in it is not ridiculous one particular. We can say that no guide that offer you world inside ten or fifteen small right but this e-book already do that. So , this can be good reading book. Hey Mr. and Mrs. busy do you still doubt in which?

### **Matthew Seifert:**

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