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The heal your body louise hay pdf free download is an essential book for people who want to experience better health and wellness. You can find this book at the bookstore or online, and it is also available as an audiobook recording. The author, Louise Hay, is a well-known holistic healer who has been helping people with their physical and mental challenges since the 1950s. After years of healing others, Louise began to take care of her own health. Her healing journey ushered in a radical shift in her personal life — followed by a return to writing and teaching about taking responsibility for our own happiness and well-being. Even in the face of disappointments and personal tragedies, Louise has maintained a positive, can-do attitude. An Introduction to Heal Your Body This book is a complete self-help manual for people who want to get better and stay well. She says the idea for this book came from a study on healing that she did with her clients in 1984. Following up on their progress ten years later, she found that they were all still healthy and happy — some people had more challenges than others, of course — but everyone was doing well. In this book, she shares what they learned about the process of healing. In it, you will find exercises designed to help you identify your health goals and plan practical ways to get there. The book also contains information about the body's systems and how they work together. The point of this book is to teach you about your body so you can take responsibility for your own healing. The author believes that the way to health is through the mind. She believes that we attract what we expect, and if we can change our attitude about health, disease will not be able to stick around. Hay explains that our attitudes are created by how we think about ourselves, other people, and life in general. When we see something bad happening, she says, ask yourself if there is something good you can learn from it or if there is a positive consequence of taking action to correct a problem. The author believes in the concept of "letting go" or letting go of what you don't want in your life. She says that if we don't take action to correct a problem, it won't get resolved. There will always be a situation or event that you did not foresee which will create a problem for you. If this happens, try to let it go and move on with your life. Tune out negative thoughts and keep moving forward to achieve your goals. The author also believes that there is a "Law of Attraction." We have all experienced what she terms as external events which produce an internal impression about the world around us. This can influence our actions and decisions, which in turn influence more events. This cycle of external events leading to internal impressions often triggers a series of events which can be viewed as "destiny." However, she says that many of the negative situations we encounter are the results of previous negative behaviors. If you want to change something about your life, then you have to change your thoughts. She recommends that if you are saddened about something that has happened, you should forgive the people involved and let it go. If you are angry with someone who did something wrong, try treating them kindly in order not to attract more negativity into your life. Hay teaches what she calls the principle of "responsible action."

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