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21 Days to Master Affirmations by Louise L. Hay

Louise Hay's teaching on affirmations have sold over 39 million copies worldwide and provided a healing technique that have comforted and healed countless people over the last 30 years. 21 Days to Master Affirmations makes this infinitely powerful skill as easy and as quick to learn as its ever been.

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5 quotes from 21 Days to Master Affirmations: "Cursing is an affirmation, worrying is an affirmation, and hatred is an affirmation."

21 Days to Master Affirmations Quotes by Louise L. Hay

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Book Review: 21 Days to Master Affirmations by Louise L ...

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Studies have shown it takes only 21 days for a new habit to take root. If there's a spiritual skill you've always wanted to take advantage of, the answer is just 21 days away with the 21 Days to Mastery series. Louise L. Hay's teaching on affirmations have sold over 39 million copies worldwide and provided a healing technique that have comforted and healed countless people over the last 30 years. 21 Days to

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Master Affirmations makes this infinitely powerful skill as easy and as quick to learn as its ever been. You'll discover the power of simple, soothing words can be applied to any problem. Whether emotional or physical, Louise's teachings are available for you to call on at any time. You'll also learn how to create your own personalised affirmation that target persistent, perhaps lifelong personal issues and ailments. This e-book is the ideal introduction to the defining spiritual technique of the last 30 years, now presented in a format that fits into 21st Century living. Start healing your life in just 21 days!

Studies have shown it takes only 21 days for a new habit to take root. If there's a spiritual interest you've always wanted to take advantage of, the answer is just 21 days away with the 21 Days to Mastery Series. Dr Wayne W. Dyer is considered to be one of today's top spiritual teachers, known worldwide for his warm, insightful wisdom on transforming your life. This innovative new title will show you that in just 21 days you can let go of negative mindsets and move past long term problems, become open to the joy that is present all around you and find inspiration to lead the life of your dreams. The easy-to-follow principles in this short book give you all you need to find a goal in life that is spiritually fulfilling and overflowing with happiness. Living life with an open heart and a clear purpose is only 21 days away, using the 'father of self-motivation's incredible life-lessons.

Give yourself time book is a 21 days positive affirmation book to learn positive habits to improve your self-esteem, self-love to strengthen your thoughts daily for 21 days. Boost of Self-confidence Looking to have your actions and your mind to work together in creating a life that you deserve. Daily happiness is a choice and a life full of confidence and of positiveness will boost your self-esteem. Our words have power and how we use them daily and continuously can help anyone train their mind to think in a

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positive direction they want, that's the glorious beauty of life. Give yourself time 21 positive affirmations will have you immediately change your mindset and have a positive impact on your mental and help you make changes you want to start seeing once you meditate daily and write yours. -Increase your self- confidences -Improve your self-esteem -Make changes to have self-love -Create a happier You to grow your self-worthIf you want to start creating a life of self-improving, confidences, love download the book Now!

From the New York Times best-selling author of *You Can Heal Your Life* Mirror work has long been Louise Hay's signature method for cultivating a deeper relationship with yourself and others, and leading a rich and meaningful life. Now, in *Mirror Work*, she shows how in just 21 days, you can master this simple but powerful practice as an ongoing support for positive transformation and self-care. "I have been teaching people how to do mirror work as long as I have been teaching affirmations . . . The most powerful affirmations are those you say out loud when you are in front of a mirror, looking deeply into your eyes. A mirror reflects back to you the feelings you have about yourself. It makes you immediately aware of where you are resisting and where you are open and flowing. It clearly shows what thoughts you will need to change if you want to have a joyous, fulfilling life." - Louise Hay

Jack Canfield is a master motivator, world-renowned teacher, and bestselling author of *The Success Principles*. In his latest book, *Success Affirmations*, he helps readers break through to new levels of passion, purpose, and prosperity with 52 affirmations and time-tested wisdom. In our 24/7 world, where we move at warp speed, sometimes we let life happen to us instead of taking control of our direction. Other times, we suffer from information overload, and we fail to consciously control our positive



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thoughts, and we allow negativity to take over. For those who want to rise above, to get unstuck, or to catapult to a new level success, Jack Canfield will show you how positive affirmations can transform your life in extraordinary ways. Canfield, with the help of esteemed coauthors Kelly Johnson and Ram Ganglani, explains what positive affirmations are (and what they are not), why they are so effective, and how to effortlessly integrate their practice into your life. Pulling the most effective tenets from his bestselling book *The Success Principles*, Canfield covers all areas of life, from financial prosperity and creative pursuits to your career and positive relationships. *Success Affirmations* reveals: How to avoid letting life just happen to you, and how to proactively go after your dreams How to use the power of deliberate thought to create the reality you want How to identify your true passions and purpose to direct your affirmations to concrete goals, not nebulous ideas or someone else's vision How to harness positive energy to attract what you want in your life through the Law of Attraction How to unplug from technology and plug into your true source of energy And much more!

Jonathan Langley's life took a devastating turn when he lost his eyesight to a rare illness. Once a successful painter and printmaker, Jonathan now lives in complete darkness, rarely leaving his apartment and angry at the world. When he encounters his precocious 11-year-old neighbor, Lupe, the two form an unlikely friendship. Her cheerful presence shatters his hardened exterior, revealing a gentle man struck by tragedy. Lupe leads him to a fresh perspective by showing him the power of kindness, compassion, and love. Based on the celebrated teachings of Louise Hay, *Painting the Future* explores the power of positive thinking in healing past struggles and learning to live a joyful, heart-centered life.

This is a book of ideas to spark your own creative thinking process. It will give you an opportunity to

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see other ways to approach your experiences. . . . As you read this book, you may find statements that you dont agree with; they may clash with your own belief systems. Thats all right. Its what Louise calls stirring up the pot. She says, """"You dont have to agree with everything I say. But please examine what you believe and why. This is how youll grow and change. . . ."""" Begin reading anywhere in this book. Open it at will. The message will be perfect for you at that moment. It may confirm what you already believe, or it may challenge you. Its all part of the growth process. Know that you are safe and all is well.

21 days of positive affirmations to start your day and lift your soul.

Internationally bestselling author Louise L. Hay is a metaphysical lecturer and teacher with more than 60 million books sold worldwide. For more than 25 years, Louise has helped people throughout the world discover and implement the full potential of their own creative powers for personal growth and self-healing. The Golden Louise L. Hay Collection is an omnibus of her most loved books – You Can Heal Your Life, Heal Your Body and The Power is Within You. You Can Heal Your Life is a New York Times bestseller with over 39 million copies sold worldwide. Louise’s key message in this powerful work is that “if we are willing to do the mental work, almost anything can be healed.” She explains how limiting beliefs and ideas are often the cause of illness, and how you can change your thinking . . . and improve the quality of your life. In Heal Your Body, Louise describes the methods she used to cure herself of cancer more than 20 years ago. Using her simple and practical techniques, you will be surprised to discover patterns in your own ailments that reveal a lot about yourself. This handy “little blue book” offers positive new thought patterns to replace negative emotions, an alphabetical chart of

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physical ailments with their probable causes as well as healing affirmations to help you eliminate old patterns. The Power Is Within You expands on Louise's philosophy of "loving the self" and shows you how to overcome emotional barriers through learning to listen to your inner voice, loving the child within and letting your true feelings surface. Focusing on building emotional and mental immune systems, she encourages the reader to think of themselves positively and be more accepting and grateful for who they are. The Golden Louise L. Hay Collection is the perfect read for those seeking insights to the mind body connection and the miraculous benefits of this dynamic as well as for those who want the pleasure of knowing that their favorite Louise Hay books are finally together in one place.

In this concise yet information-packed book—which you can listen to on the included audio download or read at your leisure—bestselling author LOUISE HAY shows you that you "can do it"—that is, change and improve virtually every aspect of your life—by understanding and using affirmations correctly. Louise explains that every thought you think and every word you speak is an affirmation. Even your self-talk, your internal dialogue, is a stream of affirmations. You're affirming and creating your life experiences with every word and thought. Your beliefs are merely habitual thinking patterns that you learned as a child, and many of them work very well for you. But other beliefs may be limiting your ability to create the very things you say you want. You need to pay attention to your thoughts so that you can begin to eliminate the ones creating experiences that you don't want. As Louise discusses topics such as health, forgiveness, prosperity, creativity, relationships, job success, and self-esteem, you'll see that affirmations are solutions that will replace whatever problem you might have in a particular area. By the end of this book, you'll be able to say "I can do it" with confidence, knowing that you're on your way to the wonderful, joy-filled life you deserve.

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