

Love Your Body


By Louise Hay

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In this wonderful little book, Louise L. Hay brings you 54 affirmation treatments designed to help you create a beautiful, healthy, happy body. If you are challenged by a particular part of your body, use the appropriate affirmations daily until you achieve positive results.

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Editorial Review

Review

Her teachings of positive thinking and powerful life-enhancing affirmations have helped millions of people to improve their lives and has made her a legend in her own lifetime. Kindred Spirit Magazine

About the Author

Louise 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 30 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. Louise is the founder and chairman of Hay House, Inc., which disseminates books, CDs, DVDs, and other products that contribute to the healing of the planet. Visit www.LouiseHay.com

Robert Holden, Ph.D., is the creator of the Loveability program. His work on psychology and spirituality has been featured on Oprah, Good Morning America, and a PBS special called "Shift Happens." He was also featured in two major BBC-TV documentaries, *The Happiness Formula* and *How to Be Happy*. His corporate clients include Dove and its Campaign for Real Beauty. He is author of *Happiness NOW!*, *Shift Happens!*, *Authentic Success* (formerly titled *Success Intelligence*), and *Be Happy*. Robert hosts a weekly show on Hay House Radio called *Shift Happens!* He also contributes daily to his Facebook page at www.facebook.com/drrobertholden. For information, visit www.robertholden.org.

From [AudioFile](#)

With a deep, soothing voice Hay puts one in the proper frame of mind to absorb her ideas. *Love Your Body* is an original audio presentation, with soft background music that expresses Hay's philosophy of wellness. The program aims at fitness as well as healing. P.A.R. (c)AudioFile, Portland, Maine

Users Review

From reader reviews:

Joyce Coolidge:

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