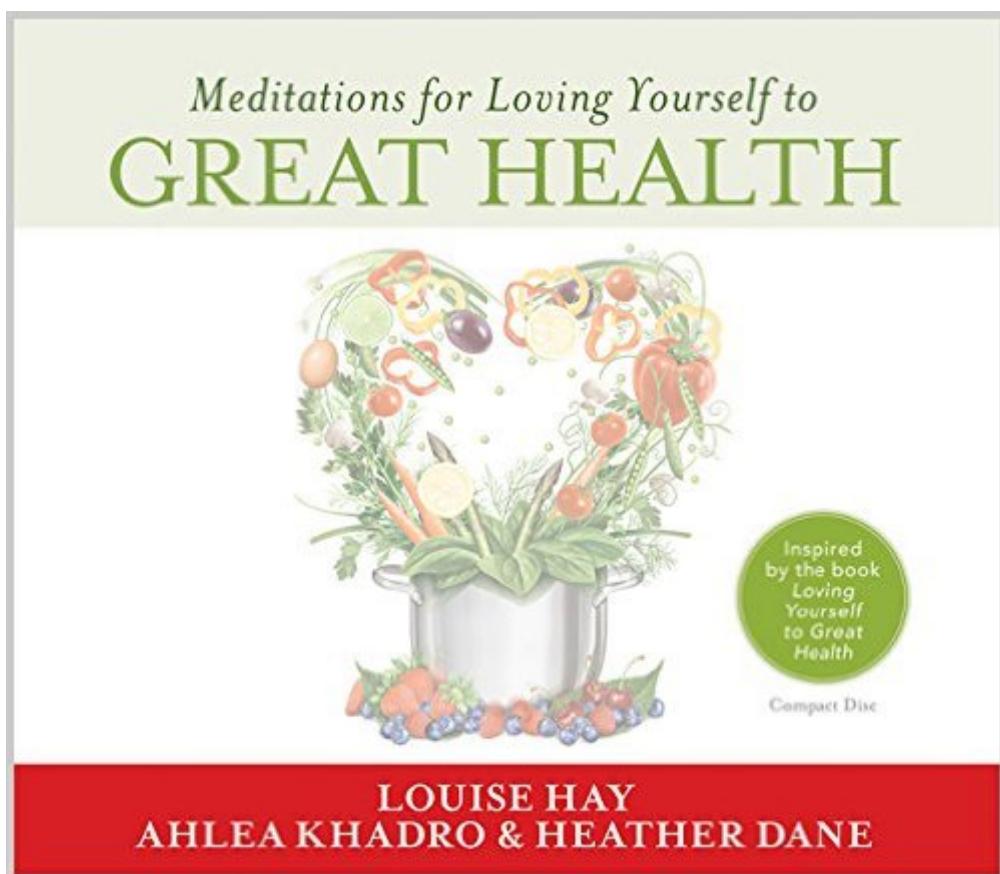


The book was found

# Meditations For Loving Yourself To Great Health



## **Synopsis**

These meditations invite you to reconnect to nature and your body and, most of all, to make loving choices in your life . . . about the thoughts you think, the food you eat, and how you listen and respond to your body's messages. When you really love yourself, everything in your life works better, including your health. Louise Hay, Ahlea Khadro, and Heather Dane created these guided meditations to support you in changing your way of life to one that focuses on nourishing your body and treating it with love. Sit back, relax, and allow yourself to be guided to more loving choices. Learn to feel more grounded, to cherish and accept your body, to deepen your intuition about your body's needs, and to shift to more positive thoughts in all areas of your life. You will love these healthy, happy, feel-good meditations!

## **Book Information**

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Best Sellers Rank: #172,000 in Books (See Top 100 in Books) #24 in Books > Books on CD > Health, Mind & Body > Fitness #87 in Books > Books on CD > Health, Mind & Body > General #157 in Books > Books on CD > Nonfiction

## **Customer Reviews**

As always I find my way back to myself when I reconnect with Louise Hay. This book is outstanding, gentle, informative & living. I could recommend however those who need this book will be led to connect with themselves with living support.

Louise Hay's still strong voice guiding us ahead. Love these meditations and try to sit with them daily. Read the book on vacation last summer and made life altering decisions right after. How fortunate we have been to have this great teacher walking her talk during our lifetime right along with us and being such a stellar example of what living your truth can accomplish. A must addition to any Louise Hay disciple. To your good Health!!!!

This is one of the best meditation audios I have ever purchased. It reminds me to love myself and my body, which I really need with a chronic illness. It is very healing and has so many good, positive messages. It really uplifts my life.

Enjoy listening to this as I fall asleep. Makes me relax and remember to be positive in my thoughts.

Really is very relaxing and speaks to you!

I am really enjoying this CD. I listen to it every night when I go to bed. The affirmations repeat and enter the subconscious. Great health, great life. Love it.

It's very relaxing and positive. I love it. I have been using meditation CDs for years, and this is a great addition to my collection. I highly recommend it.

Visualizations are very good and relaxation comes easy as you listen to it. Positive affirmations are beautifully stated.

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