



Life!: Reflections on Your Journey

By Louise L. Hay



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

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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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:

Clarence Guyer:

The book *Life!: Reflections on Your Journey* can give more knowledge and information about everything you want. So just why must we leave the best thing like a book *Life!: Reflections on Your Journey*? Some of you have a different opinion about e-book. But one aim that will book can give many data for us. It is absolutely appropriate. Right now, try to closer with your book. Knowledge or facts that you take for that, you could give for each other; it is possible to share all of these. Book *Life!: Reflections on Your Journey* has simple shape however, you know: it has great and massive function for you. You can appear the enormous world by open and read a reserve. So it is very wonderful.

Henry Reavis:

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Leona Hicks:

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