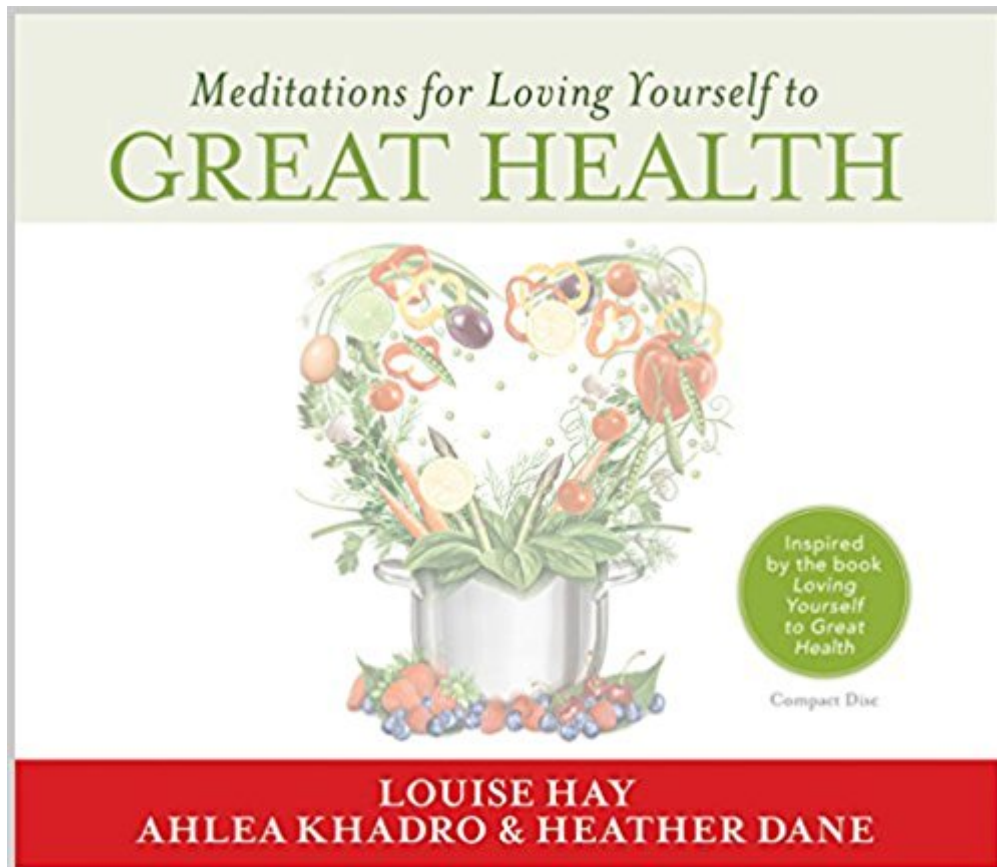




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# Meditations For Loving Yourself To Great Health



## 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

The guided meditations in this audio program were created by Louise Hay, Ahlea Khadro, and Heather Dane 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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## Customer Reviews

Louise Hay is a metaphysical lecturer and teacher with more than 50 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. Visit [www.LouiseHay.com](http://www.LouiseHay.com)

Ahlea Khadro is the founder and owner of Soulstice, a Center for Optimal Living & Rehabilitation. From mainstream hospital settings to the feet of yogic masters, Ahlea’s unique path has allowed her to see new ways to heal your body and life. Visit [www.AhleaKhadro.com](http://www.AhleaKhadro.com)

Heather Dane is a certified health coach and 21st-century medicine woman specializing in resolving chronic health conditions, addictions, and out-of-balance lifestyles.

She has worked with many of the great minds in medicine, natural health, nutrition, and energy healing, and designs delicious recipes to nourish body and soul. Visit [www.HeatherDane.com](http://www.HeatherDane.com) ã ã

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!!!!

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.

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

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

This is a wonderful CD. Very helpful in calming and restoring well-being. The meditations are just right.

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.

Louise Hay is such a great resource I thought I would try the CD...someday soon...and I know it will be as good as the other books and materials I have

I am enjoying this CD! Very calming and a different approach to health matters

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