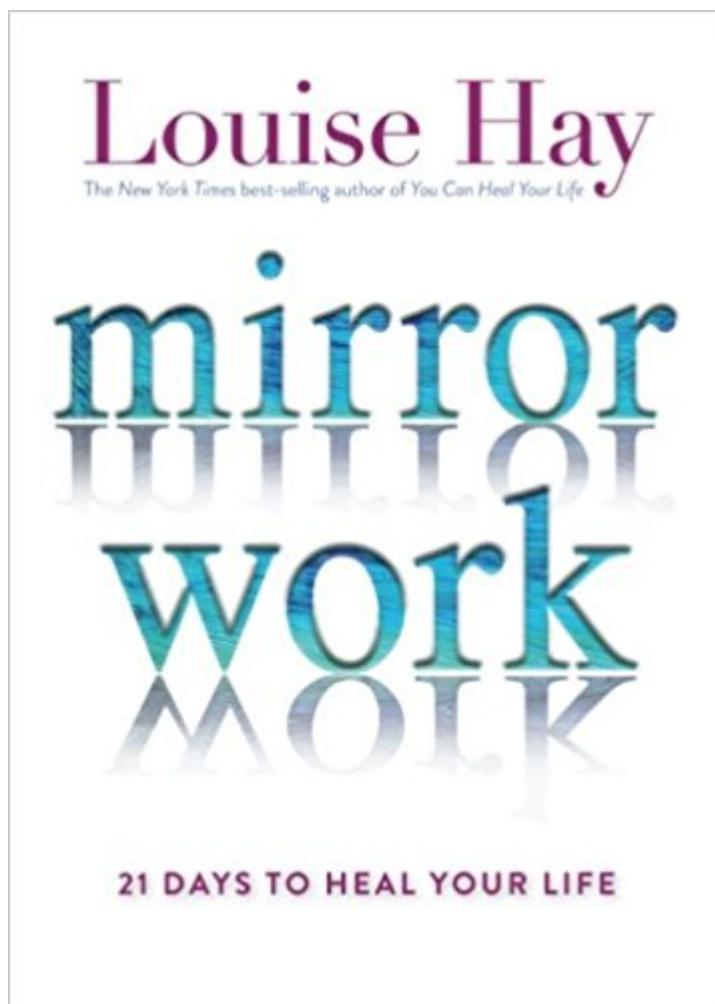


The book was found

Mirror Work: 21 Days To Heal Your Life



Synopsis

Since its publication in 1984, Louise Hay's international bestseller *You Can Heal Your Life* has sold over 40 million copies worldwide. Now, in *MIRROR WORK: 21 DAYS TO HEAL YOUR LIFE*, the popular teacher and author offers the first book dedicated to her signature practice for personal transformation. The Mirror Principle, one of Louise's core teachings, holds that our experience of life mirrors our relationship with ourselves; unless we see ourselves as loveable, the world can be a dark and lonely place. Mirror work—looking at oneself in a mirror and repeating positive affirmations—is Louise's powerful method for learning to love oneself and experience the world as a safe and loving place. Like her successful video course, *Loving Yourself*, *MIRROR WORK* lays out a 21-day program of teachings and exercises to help readers deepen their relationship with themselves and live a joyous and fulfilling life. "Doing mirror work," Louise tells readers, "is one of the most loving gifts you can give yourself." Each of the 21 days is organized around a theme, such as monitoring self-talk, overcoming fear, releasing anger, healing relationships, forgiving self and others, receiving prosperity, and living stress-free. The daily program involves an exercise in front of the mirror, affirmations, journaling, an inspiring Heart Thought to ponder, and a guided meditation. Packed with practical guidance and support, presented in Louise's warmly personal words, *MIRROR WORK*—or Mirror Play, as she likes to call it—is designed to help readers: Learn a deeper level of self-care
Gain confidence in their own inner guidance system
Develop awareness of their soul gifts
Overcome resistance to change
Boost self-esteem
Cultivate love and compassion in their relationships with self and others In just three weeks, the reader can firmly establish the practice of Mirror Work as an ongoing vehicle for positive growth and self-care, and a path to a full, rich life.

Book Information

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Customer Reviews

Louise Hay has inspired millions since the 1984 publication of her best-seller *You Can Heal Your Life*, which has sold over 40 million copies worldwide. Renowned for demonstrating the power of affirmations to bring about positive change, Louise is the author of more than 30 books for adults and children, and has produced dozens of CD and DVD programs, as well as inspirational card decks, online courses, and other resources for leading a healthy, joyous, and fulfilling life.

Dear Louise Hay, This book has single handedly helped change my life. I have been working on personal development for some time and this book has really peeled back a layer in my quest that I was not expecting. I feel like I have fallen in love with myself more and more as I read this book and do the journaling and the activities. It has been hard during some of the practices but I can confidently say that this book is responsible for helping me release a lot of the past and making sure I fall in love with myself over any one else first. I HIGHLY RECOMMEND THIS BOOK. I never write reviews. THIS ONE DESERVES A MILLION. I am buying this book for all of my siblings and friends and family this Christmas and it will be all they get. Thank you and I love you, Louise :)

Was recommended to me as part of therapy for an eating disorder. I rolled my eyes the first two-three days. I'm almost through the book and I have already given it as a gift to two people. It's surprisingly powerful and takes about 5 minutes a day.

It helped me a lot still using this have not completed it but feel better physically and mentally. Thank you

This book is awesome. I really have benefited from it. Thank You So Much Louise Hay

Excellent book ...love it ..would recommend it totally!

This book goes to the heart of Louise Hay's teaching. It's all about learning how to love yourself and then expanding this into the world. We can All grow ourselves and the good in the world when do this.

I read her books and this one is good. Doing work on oneself is always worth it and the benefits are great.

I have been collecting Louise Hay's works for years now. Just downloaded the audible book Heal your Life as well. Great to send yourself to sleep with

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Improve Your Health, and Detox Your Life

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