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Louise L Hay

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mental confusion. Think about it. It's true! I identify what's going on, make some decisions - usually deleting something from my full plate - and viola, cold leaves in a couple days where before, it may last weeks because I didn't know the cause or solution and would simply buy into the negative programming that I "caught it." Do yourself a favor and take control of your health by getting this book. I recommend it to people weekly and have been for years!

Covering the mental causes for illness and distress, Hay presents affirmations to overcome and eliminate long-standing negative beliefs. Ideal for health practitioners.

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.