

Self-Help/
Alternative Health

*"An excellent book for restructuring one's life
and finding self-esteem and self-love."*

— Bernie S. Siegel, M.D., author of *Love, Medicine & Miracles*
and co-author of *Help Me to Heal*

you can heal your life

*"I've written this book to share what I know with you, my readers. It incorporates portions of my little book, **Heal Your Body**, which has become widely accepted as an authoritative work on the mental patterns that create dis-eases in the body.*

*"If you do the exercises in **You Can Heal Your Life** progressively as they appear, by the time you finish, you will have begun to change your life. I suggest you read through the book once, then slowly read it again, but this time do each exercise in depth. If you can, work through the exercises with a friend or family member.*

"Know that when you work with these ideas, my loving support is with you."

Louise Hay



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. She has appeared on *The Oprah Winfrey Show* and many other TV and radio programs both in the U.S. and abroad. Websites: www.LouiseHay.com® and www.HealYourLife.com®

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Dedication

May this offering help you find the place within where you know your own self-worth, the part of you that is pure love and self-acceptance.

Acknowledgments

I acknowledge with joy and pleasure:

My many students and clients who taught me so much and who first encouraged me to put my ideas down on paper.

My dedicated staff at Hay House, who share my dream of disseminating books, audios, and videos that help to heal the planet spiritually, emotionally, and physically.

My wonderful readers and listeners, who have shown their loving support for my work and who continue to be a source of inspiration for me.

All those whose hearts are opening more and more each day.

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Foreword

If I were cast away on a desert island and could have only one book with me there, I might well choose Louise Hay's *You Can Heal Your Life*.

Not only is it the essence of a great teacher, it is also the powerful and very personal statement of a great lady.

Louise shares some of her journey to where she is in her evolvment now in this wonderful new book. I resonated in admiration and in compassion to her story — too briefly sketched here, in my view, but perhaps that's another book.

It's all here, is my point. All you need to know about life, its lessons and how to do the work on yourself is right here. And this includes Louise's reference guide to probable mental patterns behind dis-ease, which is truly remarkable and unique — in my experience. A person on a desert island who found this manuscript in a bottle could learn all he or she needs to know to make this life be the one that gets the job done.

Desert island or not, if you have found your way to Louise Hay, perhaps even "accidentally," you're well on your way. Louise's books, her remarkable healing tapes, and her inspired workshops are wonderful gifts to a troubled world.

It was my own deep investment in working with persons with aids that led me to meeting Louise and utilizing concepts from her healing work.

Each aids person I worked with and for whom I played Louise's tape, *A Positive Approach to AIDS*, got Louise's message on the first