

The Power Is Within You

By Louise Hay



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In <u>The Power Is Within You</u>, Louise L. Hay expands her philosophies of loving the self through:

- -learning to listen and trust the inner voice;
- -loving the child within;
- -letting our true feelings out;
- -the responsibility of parenting;
- -releasing our fears about growing older;
- -allowing ourselves to receive prosperity;
- -expressing our creativity;
- -accepting change as a natural part of life;
- -creating a world that is ecologically sound

where it's safe to love each other'

-and much more.

She closes the book with a chapter devoted to meditations for personal and planetary healing.



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