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Louise Hay is an author I have kept re-visiting while working to understand myself. Her underlying principle of the importance of self love (or first, not to self hate) is an important one to grasp, and this workbook gives many useful ideas that you can adapt to your own use.

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Louise Hay dedicated her life to teaching people how to live a positive and empowered life, often with the aid of positive statements and beliefs, which she called affirmations. Louise taught that your point of power is always in the present moment, where you plant the mental seeds for creating new experiences.

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e Louise Lynn Hay (October 8, 1926 – August 30, 2017) was an American motivational author and the founder of Hay House. She authored several New Thought self-help books, including the 1984 book You Can Heal Your Life.

~~Louise Hay — Wikipedia~~

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