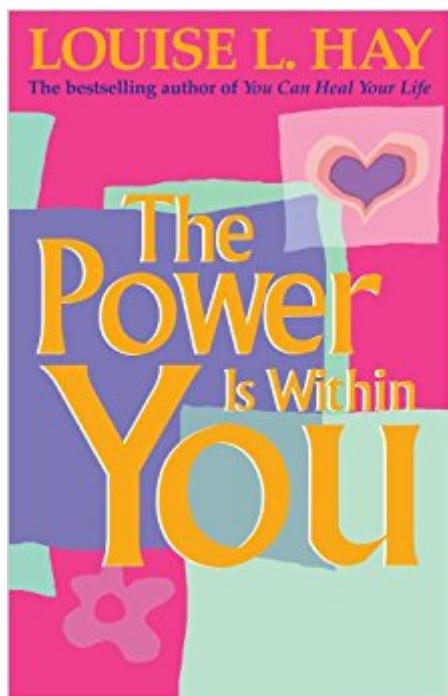


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# The Power Is Within You



## Synopsis

In The Power Is Within You, 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.

## Book Information

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Average Customer Review: 4.7 out of 5 stars 256 customer reviews

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## Customer Reviews

Like visiting with an old wise aunt who dishes out sage wisdom and advice. Social & Personal Magazine --This text refers to the Paperback edition.

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](http://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](http://www.facebook.com/drrobertholden). For information, visit [www.robertholden.org](http://www.robertholden.org).

This book changed my life for the better. The information in this book, helped me love myself more, helped me stand up for myself, and helped me not give away my power to others. This book helped me realize that I am strong, and that I'm a good person, and that it's ok to be me. It taught me to love my inner child, and be mindful to keep my self talk, positive. It reminded me how important it is to forgive others, and myself. I have read many books written by Louise Hay, and each one has taught me many things, to better my life. This is one of her best!

Louise, You did it again. I adore the simplicity that you use to explain how to make the pilgrimage of the thought process to reach the life of spiritual enlightenment, physical health and the abundance of goodness. Loving and forgiving yourself are the first two steps. Release the past, forgive and let go, move on. She covers every aspect of life, such as: Learning to listen to yourself and to trust yourself, talking to the child within you, parenting, and how to create a safer world to love and live your life. She has convinced me that the powers are within myself to create a better life. I am in my third year and see improvement in my life and I believe I have a ways to go. I never give up. It is the reading of this book that has just brought me a step further. She speaks of the infinite wisdom that resides in each of us. She is very convincing in encouraging you to trust that wisdom. She advises you of that awareness of a , "need for change". It is the awareness that you'll develop that helps you see.

Anything Louise does in the writing department is insightful and, eventually for me, comforting. She

has been a Godsend to my life. This book taught me that I do have the capability to do anything. I can even change old thoughts and beliefs about myself and life, and learn new and uplifting messages in its place. Thank you, Louise! You are a blessing!

I can not say enough good things about this book!!!!!! The book has helped me let go of past hurts, revealed resentments that I never realized were buried within me. My plan is to read this book until I know it by heart. It has revealed emotions and helped me heal.

"I decided long ago, never to walk in anyone's shadow If I fail, if I succeed At least I live as I believe  
No matter what they take from me They can't take away my dignity Because the greatest love of all  
Is happening to me I found the greatest love of all Inside of me The greatest love of all Is easy to  
achieve Learning to love yourself It is the greatest love of all "

This book is very empowering; or rather, it inspires you to empower yourself; or rather, it helps you to rediscover the power that you have always had. I read this book when I was a teenager and I got a lot out of it. It is written in a clear and simple way and the message is very powerful.

This is one of Louise's books that is so excellent that I would like to mark passages. I suppose I'll get a paper book for ease of marking, make it easier to refer back to a page.

Louise Hay is a gifted Author. "The Power Is Within You" gives much insight into the resources within you. I highly recommend this book if you are learning about yourself.

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