



Heart Thoughts: A Treasury of Inner Wisdom

By Louise Hay



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“This beautifully illustrated gift edition of *Heart Thoughts* is a collection of meditations, spiritual treatments, and excerpts from my lectures. It focuses on aspects of our day-to-day experiences, and is meant to guide and assist you in particular areas where you may be having difficulty.

“It is now time for you to release old beliefs and old habits, and the meditations and treatments within these pages can help you build your confidence as you make necessary changes in your life.

“This is a time of awakening. Know that you are always safe. And also know that it’s possible to move from the old to the new, easily and peacefully.”

— Louise L. Hay



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- Sales Rank: #199645 in Books
- Published on: 2012-02-15
- Original language: English
- Number of items: 1
- Dimensions: 9.21" h x .69" w x 6.88" l, 1.41 pounds
- Binding: Flexibound
- 248 pages

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Editorial Review

About the Author

Louise L. Hay, the author of the international bestseller *You Can Heal Your Life*, is a metaphysical lecturer and teacher with more than 50 million books sold worldwide. For more than 25 years, she 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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