



Experience Your Good Now!: Learning to Use Affirmations

Louise Hay

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Experience Your Good Now!: Learning to Use Affirmations Louise Hay

In this delightful book, **Louise L. Hay** discusses the power and importance of affirmations and shows you how to apply them *right now!*

Louise explains that when you state an affirmation, you're really saying to your subconscious mind: "I am taking responsibility. I am aware that there is something I can do to change."

Within these pages, Louise discusses specific topics and concerns (health, fearful emotions, addictions, prosperity issues, love and intimacy, and more) and presents exercises that show you how to make beneficial changes to virtually every area of your life.

On the enclosed CD, Louise offers you helpful information about affirmations that you can also use to your benefit. She recommends that you listen to the CD at any time of the day or night—whenever you'd like positive thoughts and ideas to permeate your consciousness and fill you with hope and joy.

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