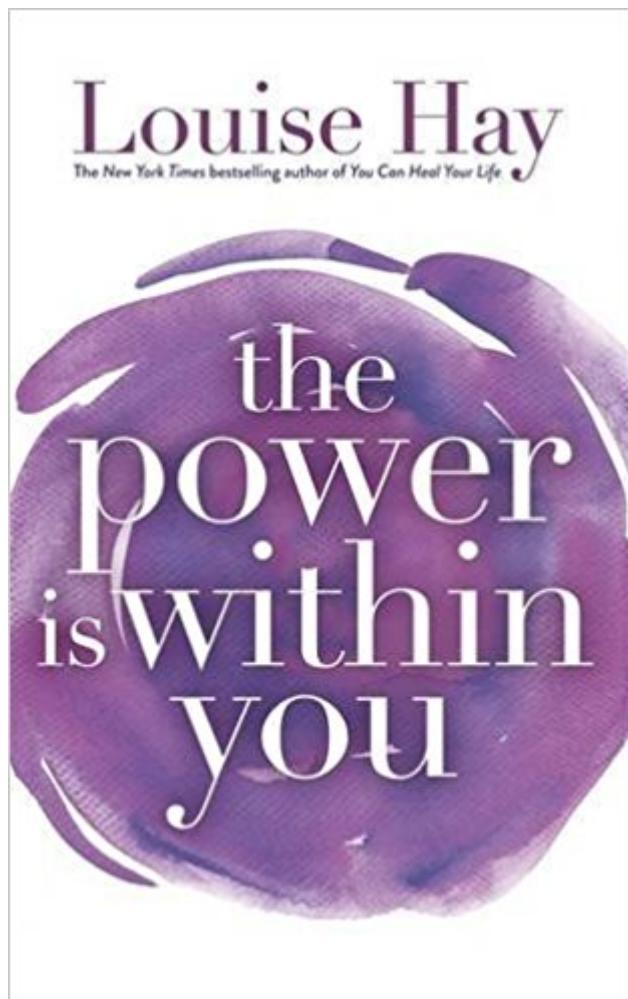


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# The Power Is Within You



## **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 soundwhere 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.

## **Book Information**

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Average Customer Review: 4.7 out of 5 starsÂ ¤ See all reviewsÂ (205 customer reviews)

Best Sellers Rank: #38,217 in Books (See Top 100 in Books) #25 inÂ Books > Self-Help > Hypnosis #939 inÂ Books > Health, Fitness & Dieting > Alternative Medicine #1325 inÂ Books > Self-Help > Personal Transformation

## **Customer Reviews**

This is not just a book - this is a life changing thought system. I cannot imagine anyone performing the excercises Louise recommends, listening to and following her advice, and NOT end up having their life change for the better! This will work, period. She clearly and simply explains that our beliefs create our reality, and gives us the tools we can use to change our habitual thinking to create greater beauty and happiness in our life. Louise is a Science of Mind minister, and she has taken the philosophy into her own and speaks the Truths it contains brilliantly. I cannot recommend Louise's work, including this book and her many others, highly enough if you are ready to get down to the nitty gritty of seriously and permanently changing your life for the better. They can really help!

This book is one of the top 5 books I have ever read (or listened to). I was dealing with a particularly tough issue in my life and seriously struggling. Louise Hay's book opened my mind to the fact that i had the power to get through it and to change my life for the better in every area of my life. She has

a healing consciousness and her voice is so soothing and she has such a powerful message! I have listened to the entire book at least 15 times and have bought numerous copies to share with others that seemed to need to hear the message that each of us has the power to get through anything and come out even better for it. The book teaches such a great philosophy of life- i recommend it even if you aren't dealing with anything. It's just a great way to live. The meditations at the very end are also great- but don't listen while driving! :-)

"The Power is Within You" is another inspirational book by Louise Hay. This woman just has the most open, loving heart and she shares that love with everyone with whom she comes into contact. In this book, her overriding message is that the power to live our best life resides within each of us and comes from self-love and love of others. She makes some very good points in this book, like:- All the events you've experienced in your life come from past thoughts and beliefs.- Your mind doesn't control you; you control your mind.- Our power comes from taking responsibility for our lives.- Only you can change your life. She also offers some great practical advice. For instance, with regard to meditating, she notes that when she does it, she takes a deep breath and asks herself, "What is it I need to know?" and then she sits and listens. Additionally, she provides 10 ways to love yourself in which she includes such tips as:- stop criticizing yourself- be patient with yourself- take care of your body....and 7 other tips. Louise has written a positive, inspiring book on tapping into your inner power which I enjoyed reading.

This book is just fabulous! A quick read and easy to "get into" in terms of your doing your own therapy. It's true...we do attract our own reality by our thoughts! Just like a dog can sense when a person is dangerous (in spite of appearances) so too, do we send out "good vibes" and "bad vibes". What goes around, comes around. Where will the good that the world has to offer "find" YOU? Now I just need Louise Hay to publish one of those teeny-weeny books of her affirmations to carry in my pocket!

Bought the CD two weeks ago and have listened to it 3 times. It's amazing that every time I listen to the CD again, I picked up new valuable information about living a more fulfilling and happy life.

I read this book at a very negative time in my life. The more I read, the more positive I became. Louise is very direct, but very loving. I now start each day with affirmations and it's wonderful! Now my sister also reads Louise Hay books and we share always. THANK YOU!

After one line in "You Can Heal Your Life" had a profound effect on me, I decided to buy this book, "The Power is Within You". Right off, Louise Hay distinguishes between realizing your power and feeling like a victim. Yes, these two supposed opposite concepts can be confused! Who knew? I highly recommend this book, whether as your first Louise Hay or your tenth. Each of us, she writes, needs to remind ourselves that we can be strong and powerful and move toward our goals....without waiting for someone else's permission to do so! By the way, the line that affected me so deeply was "I approve of myself" repeated over and over. Now I don't need others' approval! Please buy this book for yourself.

I have read several books but this one is so powerful and has had a big impact on how I look at life. Shared it with my co-worker and have bought it for her, from again, as a present. Will be giving this book to several people as a gift. It has helped me a great deal!

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