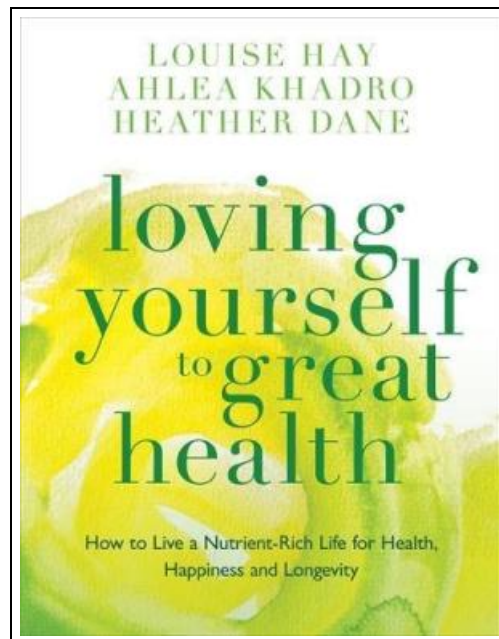


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LOVING YOURSELF TO GREAT HEALTH: HOW TO LIVE A NUTRIENT-RICH LIFE FOR HEALTH, HAPPINESS AND LONGEVITY (PAPERBACK)



Hay House UK Ltd, United Kingdom, 2014. Paperback. Condition: New. Language: English . Brand New Book. For decades, bestselling author Louise Hay has transformed people s lives and health by teaching them to let go of limiting beliefs and create the life of their dreams. Now in this tour de force, 88-years-young Louise teams up with her go-to natural health and nutrition experts, Ahlea Khadro and Heather Dane, to reveal the other side of her secret to health, happiness and longevity: living a nutrient-rich life. In this book, you will learn to take your health, your moods, your energy and your life to the next level. You will tap into the secrets Louise has used for decades to supercharge the effectiveness of affirmations and bring your body back into alignment with your mind. You will discover what nutrition really means and how to cut through the confusion about which diets really work. You will learn to hear the stories your body is eager to reveal. You will uncover techniques for longevity, vitality, good moods, deep intuition and for meeting your body s unique healing needs at all stages of life.



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