

## Embracing Change: Using the Treasures Within You



In this powerful lecture, Louise L. Hay discusses the profoundly emotional experiences that have shaped and altered her belief system - and reveals how you can also change your thinking...and change your life! Louise explains how she evolved from a fearful, abused young woman without an ounce of self-esteem...to the successful, empowered, internationally renowned teacher/author that she is today. In her inimitably forthright manner, Louise describes how she overcame a diagnosis of cancer through the use of tools such as affirmations, visualization, prayer, therapy, and healthful eating. She goes on to offer insights on the role of women and elders in our society, our family relationships, our connection to our inner child, and the importance of using the treasures within us in order to release burdens such as anger, judgment, prejudice, and illness.

**Embracing Change: Using the Treasures Within You av Louise L** Listen to a free sample or buy Embracing Change: Using the Treasures Within You by Louise L. Hay on iTunes on your iPhone, iPad, iPod touch, or Mac.

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