



Love Your Body: Positive Affirmation Treatments for Loving and Appreciating Your Body

Louise Hay

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Love Your Body: Positive Affirmation Treatments for Loving and Appreciating Your Body Louise Hay

On this wonderful CD program, **Louise L. Hay** narrates the positive affirmation treatments from her book of the same name, which are designed to help you manifest a beautiful, healthy, happy body. To receive the optimal benefit from this audio experience, it's best to listen to it often—especially if you are challenged by a particular area of your body—and allow the ideas to permeate your consciousness.

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