

# Download Loving Yourself To Great Health Thoughts Food The Ultimate Diet

I am still reading it, but what I have read is really good and a great reminder that we don't have to "fight" anything to get healthy....just the opposite.....love yourself to health. I am currently experiencing breast cancer and loving myself enough to get healthy is a wonderful concept.Loving yourself to great health brings the original queen of affirmations full circle, with new powerful longer affirmations. I was blessed to see the original book as a teenager, and it assisted the healing pathway I have chosen. Whilst on that pathway, I learnt that the deeper resistance often meant deeper clearing of blocks. Whilst using the affirmations within this wonderful book, I felt deep inner shifts.Loving Yourself to Great Health: Thoughts & Food?The Ultimate Diet [Louise Hay, Ahlea Khadro, Heather Dane] on Amazon.com. \*FREE\* shipping on qualifying offers. For decades, best-selling author Louise Hay has transformed people's lives by teaching them to let go of limiting beliefs. Now in this tour de forceIn Loving Yourself to Great Health, Louise, Ahlea, and Heather share seven steps to eat, think and love your way to great health and a great life: Step #1: Create a New Perspective on Health Discover why symptoms, illness, and dis-ease occur and how to create a whole new perspective on your ability to create health, happiness, and longevity.