

# The Power Is Within You

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Louise Hay

The author has been a recipient of the Oprah Winfrey Award



## BOOK DETAILS

- Author : Louise Hay
- Pages : 256 Pages
- Publisher : Hay House
- Language : English
- ISBN : 1561700231

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## BOOK 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 sound; where its safe to love each other; and much more. She closes the book with a chapter devoted to meditations for personal and planetary healing.

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