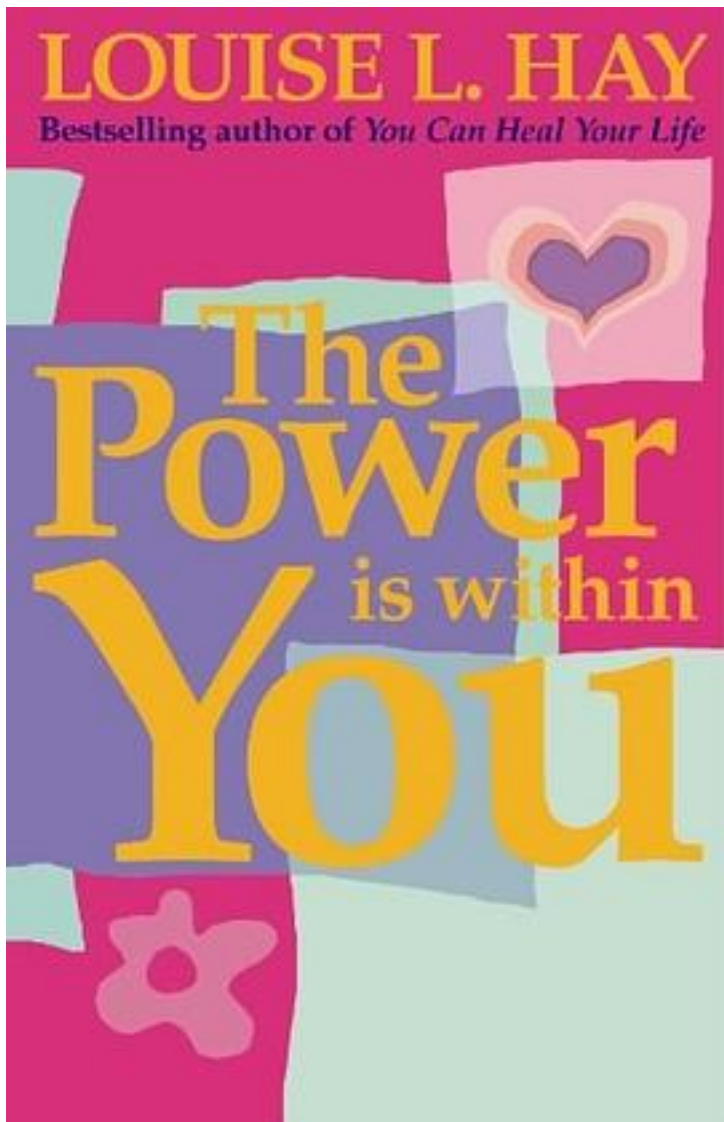


The Power Is Within You



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著者:Louise Hay

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World famous teacher Louise L. Hay, has already helped millions of people to free themselves from the cycles of fear, stress, and guilt which limit our lives. This book develops the ideas that she explores in "You Can Heal Your Life", the multi-million bestseller, and teaches you how to build up your emotional and mental immune systems. Those closest to us - our parents and partners, even our colleagues - often seek to criticise and change us. This can produce deep-rooted feelings of negativity.

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