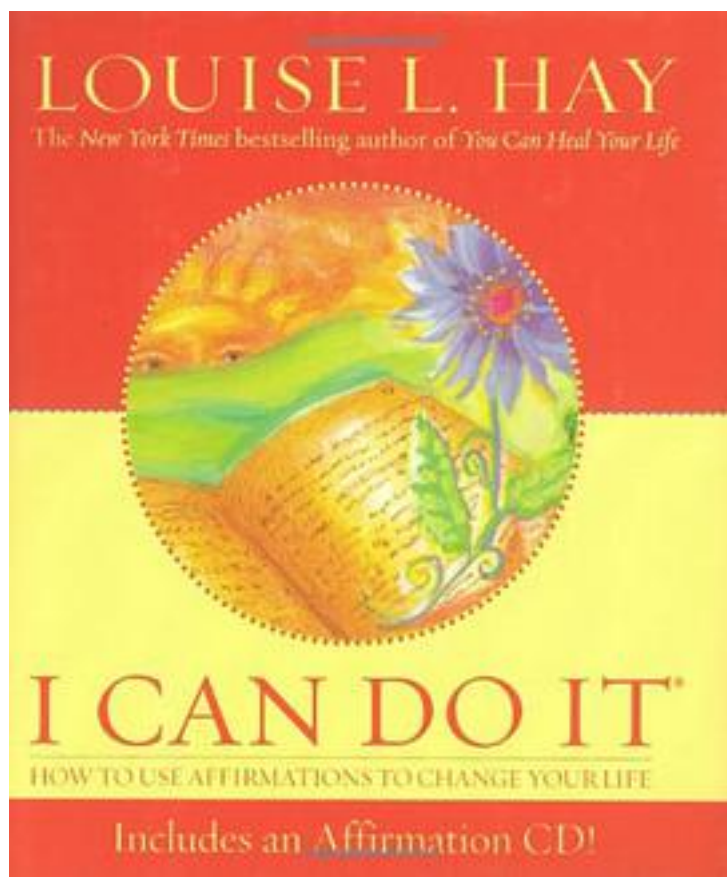


# I Can Do It



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著者:Louise Hay

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In this concise yet information-packed book - which you can listen to on the enclosed CD or read at your leisure - bestselling author Louise L Hay shows you that 'you can do it' - that is, change and improve virtually every aspect of your life by understanding and using affirmations correctly. Well known for her positive affirmations, Louise explains that every thought you think and every word you speak is an affirmation. Many of your

own thoughts are merely habitual and learned from childhood - they may work well for you but you will also have thoughts creating experiences you don't want. You can learn how to eliminate these and replace with affirmations to give you the confidence to attain the wonderful, joy-filled life you deserve.

作者介绍:

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## 标签

自我成长

自我完善

成长

励志

## 评论

早晨跑步，在喜马拉雅上听完的

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## 书评

Life is not what happens, it is our thought that make it. Everyone deserves a good life. Love yourself. Change can only be made within your own thoughts. So, always have

positive thinking and we can enjoy our lives at every single moment.

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