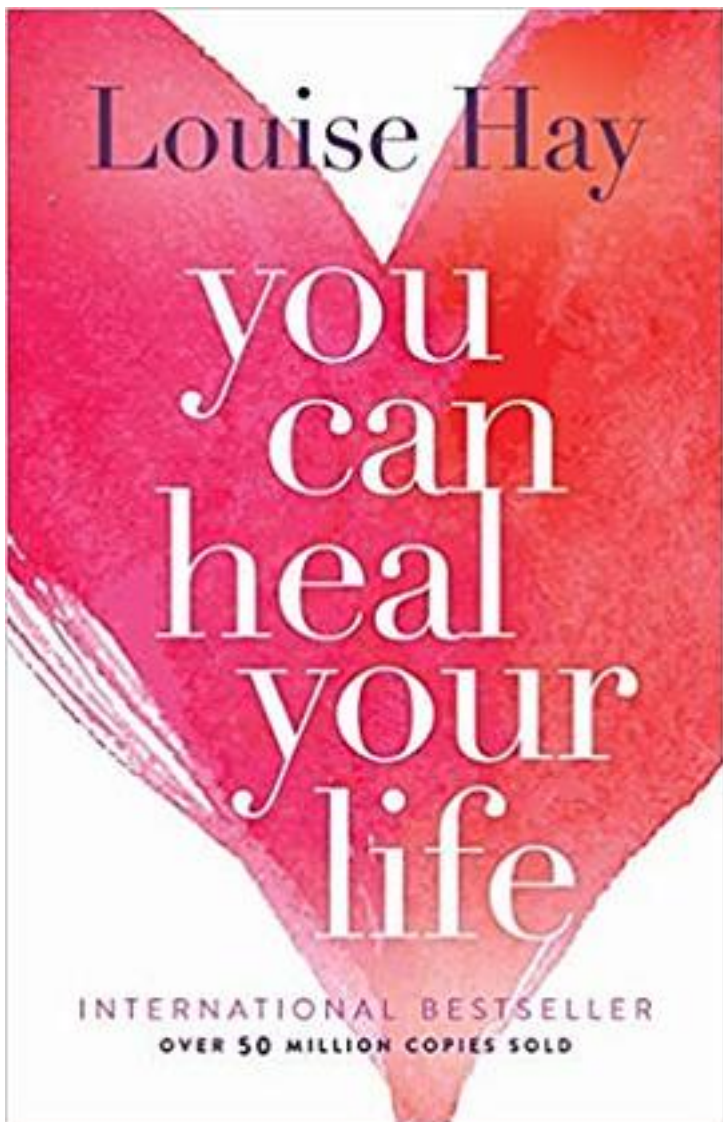


You Can Heal Your Life



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著者:Hay, Louise L.

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This New York Times Bestseller has sold over 30 million copies worldwide. Louise's key message in this powerful work is: "If we are willing to do the mental work, almost anything can be healed." Louise explains how limiting beliefs and ideas are often the cause of illness, and how you can change your thinking...and improve the quality of your life! Packed with powerful information - you'll love this gem of a book!

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标签

Self-help

评论

全球大卖过几千万册。倡导holistic healing, positive affirmation。作者的生平本身即很励志。

不知道是不是一个版本，不过这本书对于对自己要求严格的人来说值得一读，能够调整自己的心态。

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书评

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