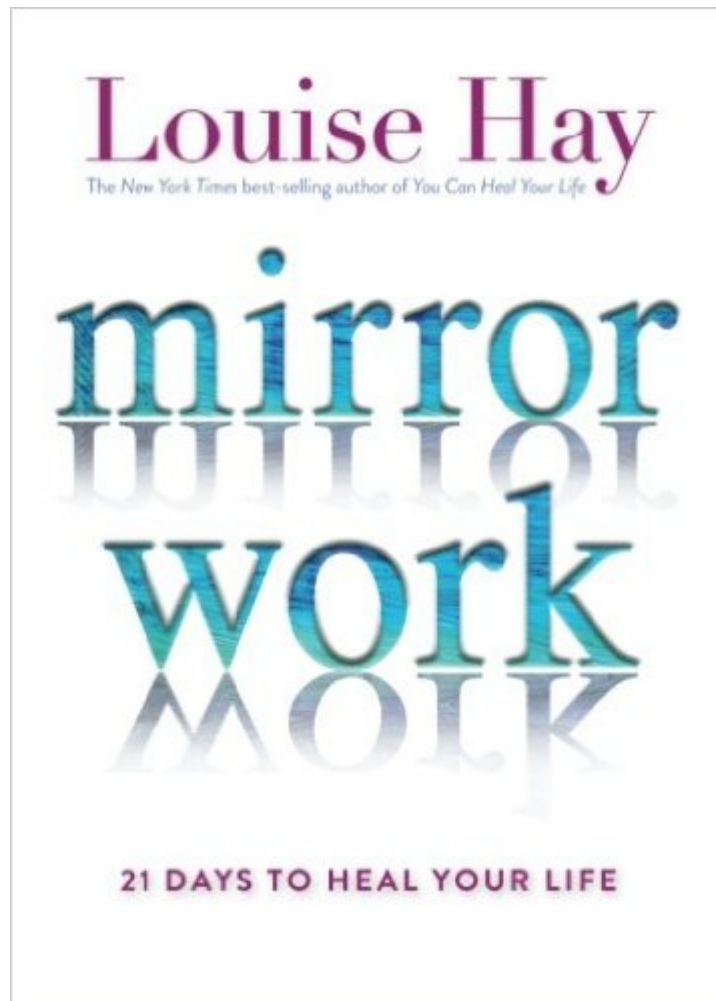


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# Mirror Work: 21 Days To Heal Your Life



## Synopsis

Since its publication in 1984, Louise Hay's international bestseller *You Can Heal Your Life* has sold over 40 million copies worldwide. Now, in *MIRROR WORK: 21 DAYS TO HEAL YOUR LIFE*, the popular teacher and author offers the first book dedicated to her signature practice for personal transformation. The Mirror Principle, one of Louise's core teachings, holds that our experience of life mirrors our relationship with ourselves; unless we see ourselves as loveable, the world can be a dark and lonely place. Mirror work "looking at oneself in a mirror and repeating positive affirmations" is Louise's powerful method for learning to love oneself and experience the world as a safe and loving place. Like her successful video course, *Loving Yourself*, *MIRROR WORK* lays out a 21-day program of teachings and exercises to help readers deepen their relationship with themselves and live a joyous and fulfilling life. "Doing mirror work," Louise tells readers, "is one of the most loving gifts you can give yourself." Each of the 21 days is organized around a theme, such as monitoring self-talk, overcoming fear, releasing anger, healing relationships, forgiving self and others, receiving prosperity, and living stress-free. The daily program involves an exercise in front of the mirror, affirmations, journaling, an inspiring Heart Thought to ponder, and a guided meditation. Packed with practical guidance and support, presented in Louise's warmly personal words, *MIRROR WORK* or Mirror Play, as she likes to call it "is designed to help readers:

- Learn a deeper level of self-care
- Gain confidence in their own inner guidance system
- Develop awareness of their soul gifts
- Overcome resistance to change
- Boost self-esteem
- Cultivate love and compassion in their relationships with self and others

In just three weeks, the reader can firmly establish the practice of Mirror Work as an ongoing vehicle for positive growth and self-care, and a path to a full, rich life.

## Book Information

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## Customer Reviews

Loved this book. Very soothing to acknowledge ourselves and become more comfortable with it. Love the new thoughts and directions. Louise Hay rocks! I use this as an additional tool to speed up my clients healing. Sue Brown[...]

Dear Louise Hay, This book has single handedly helped change my life. I have been working on personal development for some time and this book has really peeled back a layer in my quest that I was not expecting. I feel like I have fallen in love with myself more and more as I read this book and do the journaling and the activities. It has been hard during some of the practices but I can confidently say that this book is responsible for helping me release a lot of the past and making sure I fall in love with myself over any one else first. I HIGHLY RECOMMEND THIS BOOK. I never write reviews. THIS ONE DESERVES A MILLION. I am buying this book for all of my siblings and friends and family this Christmas and it will be all they get. Thank you and I love you, Louise :)

I can't recommend this book highly enough! As humans we all can use the ability to be more kind & loving to ourselves. By taking the time to do these 21 daily exercises, it will really help you become more in tune with yourself and definitely increase your feelings of self-love, self-esteem and self-worth. It feels funny at first to do the mirror work, but I have to say after doing it, it truly does make a difference. If you are faithful in doing these exercises you will find it will truly change your life and how you feel about yourself. Thank you so much Louise Hay for sharing your wonderful knowledge & expertise to help others. I received this book in exchange for an honest review.

Another wonderful book by Louise. This little book is more like a review of what I already know, a very good reminder. Its delights me to know that I have progressed so much since I discovered Louise about 8 years ago when YOU CAN HEAL YOUR LIFE movie came out. This book is a wonderful text manual for those who are new to doing mirror work.

Mirror, Mirror on the wall, who is the fairest of them all! Well me of course! I am on the first week and already I am seeing a difference. Just like going to a gym doing reps to exercise, this is great way to

exercise your mind and re-frame the negative thinking that you do not even realize that you are programmed too. Changing your mind into a positive mindset, this goes hand in hand with her book Heal Your Body and I read Dr Wayne Dyer book "change your thoughts, change your life" these combination of books really are helping. Hay House is great publishing company, publishing the best spiritual, motivational and health conscious authors! Just remember life is what you make it, so make it good!

WOW! Holy Smoly this is a spectacular book! Its like using a pressure washer instead of a sprinkler to help one heal~its powerful, quick, easy, and you will get a little wet, yet the results are you can see the original foundation again~shiny and beautiful. Very powerful and freeing exercises. Only on day 9, and man was it a big one!:) Excited to see how the next 12 days continue to magically change and enhance my life! Thank you Louise!!xo

Good book, very motivating, easy to read and very wise, It does help...it works! It may take 21 days or less to change your life only if you're very honest with yourself and take yourself seriously.... and believe that it is possible... I do!... ;))

Louise Hay is my guru and affirmations have in more recent years been my guide during darker times.'Mirror Work' is another method among a whole series of Louise Hay products, to encourage positive thinking and self-help in every day life.'Mirror Work' is a structured daily guide over three weeks to a more positive life in a wholly accessible way for everyone. Each day is broken down into an daily objective and four simple related exercises. Over the course of 21 days, the idea is that by over-riding negative thoughts by encouraging (forcing) change in our way of thinking, our brains will gradually, over a period of time, naturally become more positive.This books is great. It is intrinsically positive, warm and encouraging - and personally I find affirmations, particularly from Louise Hay who has experienced so much, a very successful way of moving forward.

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