

A large, textured red heart shape is the central focus of the cover. It is filled with a watercolor-like wash of red, with some darker and lighter areas, giving it a soft, organic feel. The heart is centered on a plain white background.

Louise Hay

you
can
heal
your
life

INTERNATIONAL BESTSELLER
OVER 50 MILLION COPIES SOLD

You Can Heal Your Life

Louise Hay



HAY HOUSE, INC.

Carlsbad, California • New York City
London • Sydney • Johannesburg
Vancouver • Hong Kong • New Delhi

YOU CAN HEAL YOUR LIFE

by Louise Hay

You Can Heal Your Life[®] is a federally registered trademark of Hay House, Inc.

Copyright © 1984, 1987, 2004 by Louise Hay

Published and distributed in the United States by: Hay House, Inc.: www.hayhouse.com • ***Published and distributed in Australia by:*** Hay House Australia Pty. Ltd.: www.hayhouse.com.au • ***Published and distributed in the United Kingdom by:*** Hay House UK, Ltd.: www.hayhouse.co.uk • ***Published and distributed in the Republic of South Africa by:*** Hay House SA (Pty), Ltd.: www.hayhouse.co.za • ***Distributed in Canada by:*** Raincoast: www.raincoast.com • ***Published in India by:*** Hay House Publishers India: www.hayhouse.co.in

Portions of [Chapter 15](#) are from *Heal Your Body* by Louise Hay

All rights reserved. No part of this book may be reproduced by any mechanical, photographic, or electronic process, or in the form of a phonographic recording, nor may it be stored in a retrieval system, transmitted, or otherwise be copied for public or private use—other than for “fair use” as brief quotations embodied in articles and reviews without prior written permission of the publisher.

The author of this book does not dispense medical advice nor prescribe the use of any technique as a form of treatment for physical or medical problems without the advice of a physician, either directly or indirectly. The intent of the author is only to offer information of a general nature to help you in your quest for physical fitness and good health. In the event you use any of the information in this book for yourself, which is your constitutional right, the author and the publisher assume no responsibility for your actions.

Library of Congress Catalog Number: 88-200391

ISBN 13: 978-0-937611-01-2

ISBN 10: 0-937611-01-8

13 12 11 10 101 100 99 98

1st printing, October 1984

98th printing, March 2010

Printed in the United States of America

Dedication

May this offering help you find the place within where you know your own self-worth, the part of you that is pure love and self-acceptance.

Acknowledgments

I acknowledge with joy and pleasure:

My many students and clients who taught me so much and who first encouraged me to put my ideas down on paper.

My dedicated staff at Hay House, who share my dream of disseminating books, audios, and videos that help to heal the planet spiritually, emotionally, and physically.

My wonderful readers and listeners, who have shown their loving support for my work and who continue to be a source of inspiration for me.

All those whose hearts are opening more and more each day.

My dear friends throughout the world, who surround me with unconditional love, laughter, and just plain fun!

Contents

Foreword

Part I

Introduction

Suggestions to My Readers

Some Points of My Philosophy.

Chapter 1

What I Believe

Part II

A Session with Louise

Chapter 2

What Is the Problem?

Chapter 3

Where Does It Come From?

Chapter 4

Is It True?

Chapter 5

What Do We Do Now?

Chapter 6

Resistance to Change

Chapter 7

How to Change

Chapter 8

Building the New

Chapter 9

Daily Work.

Part III

Putting These Ideas to Work

Chapter 10

Relationships

<u>Chapter 11</u>	<u>Work</u>
<u>Chapter 12</u>	<u>Success</u>
<u>Chapter 13</u>	<u>Prosperity</u>
<u>Chapter 14</u>	<u>The Body</u>
<u>Chapter 15</u>	<u>The List</u>

[Part IV](#)

[Conclusion](#)

<u>Chapter 16</u>	<u>My Story</u>
	<u>Afterword</u>
	<u>Deep at the Center</u>

Appendix

[Holistic Healing Recommendations](#)

[Self-Help Resources](#)

[Also by Louise L. Hay](#)

[About Louise L. Hay](#)

Foreword

If I were cast away on a desert island and could have only one book with me there, I might well choose Louise L. Hay's *You Can Heal Your Life*.

Not only is it the essence of a great teacher, it is also the powerful and very personal statement of a great lady.

Louise shares some of her journey to where she is in her evolvment now in this wonderful new book. I resonated in admiration and in compassion to her story — too briefly sketched here, in my view, but perhaps that's another book.

It's all here, is my point. All you need to know about life, its lessons and how to do the work on yourself is right here. And this includes Louise's reference guide to probable mental patterns behind dis-ease, which is truly remarkable and unique — in my experience. A person on a desert island who found this manuscript in a bottle could learn all he or she needs to know to make this life be the one that gets the job done.

Desert island or not, if *you* have found your way to Louise Hay, perhaps even “accidentally,” you're well on your way. Louise's books, her remarkable healing tapes, and her inspired workshops are wonderful gifts to a troubled world.

It was my own deep investment in working with persons with aids that led me to meeting Louise and utilizing concepts from her healing work.

Each aids person I worked with and for whom I played Louise's tape, *A Positive Approach to AIDS*, got Louise's message on the first hearing — and many made playing this tape part of their daily healing ritual. One man named Andrew told me, “I go to bed with Louise, and I get up to her every day!”

My respect and love for Louise grew as I observed my beloved aids people make their transitions enriched and at peace and complete — more full of love and forgiveness for themselves and everyone else for having had Louise in their lives — and with a quiet respect for having created that precise learning experience.

I have been gifted in my life with many great teachers, some of them saints, I'm sure, and even avatars, perhaps. Yet Louise is a great teacher one can speak with and be with because of her enormous capacity to listen and to be in unconditional love while sharing doing the dishes. (In the same way another teacher I hold as great makes terrific potato salad.) Louise teaches by example and lives what she teaches.

I am deeply honored to invite you to make this book part of your life. You — and it — are worth it!

DAVE BRAUN

VENTURES IN SELF-FULFILLMENT
DANA POINT, CALIFORNIA