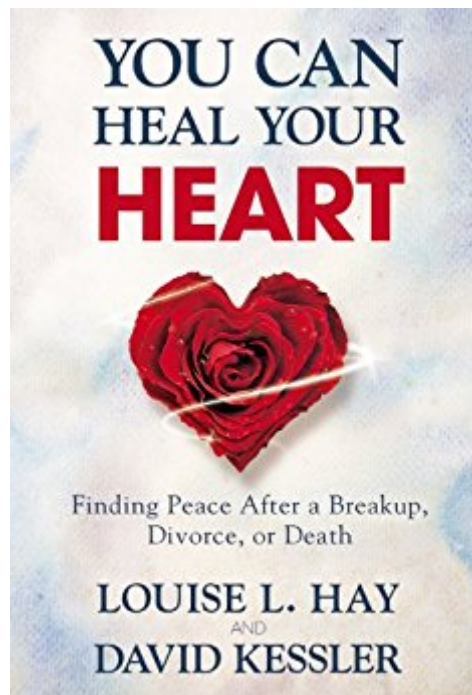




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You Can Heal Your Heart: Finding Peace After A Breakup, Divorce, Or Death



Synopsis

In *You Can Heal Your Heart*, self-empowerment luminary Louise Hay and renowned grief and loss expert David Kessler have come together to start a conversation on healing after loss. Louise and David discuss the emotions and thoughts that occur when a relationship leaves you brokenhearted, a marriage ends in divorce, or a loved one dies. They will also help you develop greater self-awareness and compassion, providing you with the courage and tools to face many other types of losses and challenges, such as saying good-bye to a beloved pet, losing your job, coming to terms with a life-threatening illness or disease, and much more. With a perfect blend of Louise's affirmations and teachings on the power of your thoughts and David's many years of working with those in grief, this remarkable book will inspire an extraordinary new way of thinking, bringing profound love and joy into your life. You will not only learn how to harness the power of your grief to help you grow and find peace, but you will also discover that, yes, you can heal your heart.

Book Information

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Customer Reviews

I absolutely loved this book. It was written with compassion and feeling for those who have lost loved ones. It helps you to think about how you want to continue on with your life after a death and provides daily affirmations to help you do this.

The sale and receipt of the order was without issue. The content of this audiobook is truly amazing and very understandable. I highly recommend this audiobook for anyone facing a loss in their life - whether due to death or divorce.

This is a beautiful book. I read it while grieving the death of my partner to cancer. It offers bits of wisdom not readily found in run of the mill grief texts. Highly recommended.

This book came into my life at the perfect time as I am dealing with a breakup and the death of a loved one. The book is beautifully written and provides several examples of real life stories which I found very useful and powerful. The affirmations throughout the book are extremely helpful. It is amazing how much our thinking impacts our lives. Thank you for this book! I also appreciate that a chapter on pets was included.

...this wonderful book assisted me through a very painful breakup. Not only did it help me love that man in a way I'd not loved him while we were together, but more importantly, it showed me that I needed to and how to increase my self love. So healing. And for this I am very grateful. Namaste.

This book was a nice read I enjoyed all the affirmations noted in the chapters. I recommend this book to whom ever is looking to understand life.

Excellent advice on grief work. Wish I read it sooner!

Finished reading in quick time. Excellent book packed with simple, yet incredibly powerful tools and insights. Definitely worth adding to your library.

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