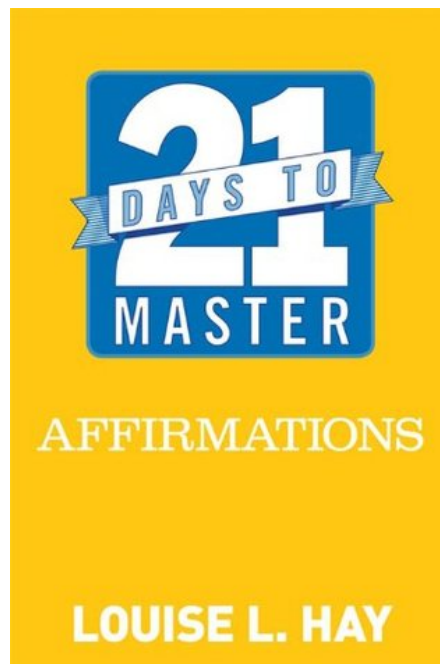




21 Days to Master Affirmations

Louise L. Hay

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21 Days to Master Affirmations Louise L. Hay

Studies have shown it takes only 21 days for a new habit to take root. If there's a skill you've always wanted to take advantage of, the answer is just 21 days away with the Hay House **21 Days** Series.

Louise Hay's teaching on affirmations have sold over 39 million copies worldwide and provided a healing technique that have comforted and healed countless people over the last 30 years. *21 Days to Master Affirmations* makes this infinitely powerful skill as easy and as quick to learn as its ever been. You'll discover the power of simple, soothing words can be applied to any problem. Whether emotional or physical, Louise's teachings are available for you to call on at any time. You'll also learn how to create your own personalised affirmation that target persistent, perhaps lifelong personal issues and ailments. This e-book is the ideal introduction to the defining spiritual technique of the last 30 years, now presented in a format that fits into 21st Century living. Start healing your life in just 21 days!

21 Days to Master Affirmations Details

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From Reader Review 21 Days to Master Affirmations for online ebook

Annie says

I'm a fan of Louise L. Hay and this was another great book that takes you through various important life situations and as a guidance for affirmations.

Miguel says

<http://silenciosquefalam.blogspot.pt/...>

Louise L. Hay (n. 1926) é uma das mais aclamadas autoras mundiais da área motivacional, tendo o conjunto dos seus livros vendido mais de 60 milhões de exemplares. A Nascente é a nova editora portuguesa que publicará os livros ainda inéditos da autora e os próximos lançamentos. Afirmações Positivas é o título do primeiro livro da especialista mundial e pioneira na vertente de desenvolvimento pessoal, a constar no catálogo da editora. Os textos vindos no livro baseiam-se em três dos maiores best-sellers de Louise. Para quem lê livros da temática o nome da autora é, certamente, muito conhecido, e as afirmações positivas (que trata, em específico, este livro) a sua técnica e mote de referência. Para o leitor para quem o nome de Louise L. Hay é desconhecido, foi ela que afirmou que as nossas doenças são causadas por padrões e crenças limitadoras de pensamento que quando adoptados/enraizados, normalmente na infância, sabotam o nosso corpo, mente e, por consequente, a nossa saúde. Estas afirmações quando vieram descritas no seu livro Pode Curar a Sua Vida, publicado em 1984, criaram celeuma entre a comunidade médica e até aos menos cépticos. O certo é que Louise tem ajudado milhares de pessoas a descobrir e realizar o seu potencial no crescimento pessoal e espiritual, desde então.

A mensagem que Louise transmite em Afirmações Positivas é muito simples: os nossos pensamentos criam as nossas realidades, e aquilo em que acreditamos profundamente torna-se realidade. Alerta-nos também, para escutarmos as mensagens intuitivas do nosso corpo, identificar e eliminar os bloqueios emocionais e os sintomas físicos e a construir o nosso próprio plano de cura emocional e físico. Em 21 Days To Master Affirmations (título original), publicado nos E.U.A. em 2011, a autora ensina como podemos usar o poder do pensamento positivo para ultrapassar conflitos do passado e viver uma vida mais harmoniosa. Divididos por 21 capítulos/dias (segundo afirmam alguns especialistas em neurociência são necessários 21 dias para o ser humano criar ou alterar um hábito), Louise transmite seus ensinamentos de forma concisa, e conta como tem, ao longo da sua vida, aplicado essas afirmações, em conjunto com outras técnicas espirituais, no seu quotidiano. Um dos conselhos que a autora revela é transformarmos as afirmações positivas que queremos ver realizadas, em mantras. Afinal, o que acontece dentro de nós é o que acontecerá fora também. É apenas uma questão de praticar para que se torne parte da nossa vida. Um livro ideal para principiantes, aqueles que desconhecem o poder e efeitos benéficos das afirmações (positivas).

Kelsey T. Lane says

Refresher Louise Hay

If you loved You Can Heal Your Life you will enjoy reading this book. It is written more recently and has a refresher of the concepts plus lots of great affirmations in various categories.

Charlane Brady says

I never thought of affirmations as the way Hay describes them. I also never thought I'd read a book on affirmations. However when a dear friend I seek out for advice recommended Louise L. Hay I knew I needed to take it all in. I took my time. This book is simple and effective, yet there is a lot of information.

I recommend it to any one that thinks. :)

Shireen Nemnich says

"Powerful Tool". This is a powerful book and wonderful tool. I've already learned so much and I'm very pleased at how well this is written and easy for me to understand. I highly recommend this book.

Katie says

Im usually not a believer of metaphysical ways of healing simply because I have not tried them...nor do I know anyone else that has tried them. However, I'm open minded enough to give everything a fair try before I write it off completely. Thats how I ended up picking up this book.

I am going through a tough phase in life at the moment and I do notice a pattern that Louise describes in the book...the more negative I am in a day or the more I complain amd whine....the worse that day gets. If I start cursing and getting annoyed at bad drivers at the beginning of my commute, the horrible experience continues for the rest of the commute (and even after that sometimes)

If negative thoughts can attract more negative experiences....its possible that positive thoughts/affirmations can attract more positive experiences. I love that she has sectioned off the affirmations...this way, I can only focus on the ones that apply to me in my current situation. Just reading the affirmatioms once as I read the book seemed to calm me. I will give this technique a try and update this review with a coclusion.

But as for now, I definitely recommend this as a quick read for anyone facing a difficult time.

Andy Nieradko says

Louise Hay's teachings are so simple, and yet so easy to overlook that when you suddenly "get it", they can really knock you for a loop. This is a great presentation of her empowering ideas. By making a step each day, for 3 weeks, you can really travel some distance and improve your life. Many people scoff at the idea of affirmations. However, most would admit to having a self-talk, or an internal dialog running in their heads that can turn painful and unproductive pretty easily. We can create powerful lives, when we step up and take control of, really, the only thing we ever can control, our own thoughts. I think Louise is one of the most important teachers we've ever had.

Carol Monzillo says

Great book

Read this book every day. It is very inspiring.
It will change your life and make you feel good. Enjoy!

demetria welsey says

A timeless and precious jewel that will never lose its value

I was introduced to Louise Bay's materials over 25 years ago. It was so refreshing to get reconnected with her teachings again.

I accepted her 21 day challenge somewhat arrogantly, because I consider myself a very positive thinking person. However, once I started progressing a chapter a day, I'm telling you, I realized affirmations are a life time endeavor. The way I approach each day is more refreshing and I actually respond to others differently and also, find myself reframing what would have been a negative thought to something more gratifying and beneficial not just for myself, but those around me as well. I have approached this in such a simplistic manner. I have not even communicated to anyone about the book I'm reading. I have just practiced its nuggets and found this works in my life.

I believe, this treasure of a book, can change how we navigate with one another, in a world that is suffering from a tremendous amount of divisiveness. Impossible to read and not become a better person.

Carol says

was what it was

Monica Esquivel says

Great Easy Read

When I purchased this book I was in a state of feeling empty, however this book put things in perspective. I love the positive messages and the powerful message of what affirmations are and how they will improve ones life. Great great read!!

José says

Very good, but...

Very good, but I expected it to be more in depth; it felt like reading "You Can Heal Your Life" (or like

seeing the movie). I did like that emphasis on the use of affirmations.

Rosemary Daly says

One of the better books on affirmatons.

Faith Tydings says

This was an excellent book! Very simple in it's content but powerful and really hit a lot of sensitive issues for me. I ended up writing down most of the affirmations and taping them next to my mirror so that I may use them often. A very powerful book and a must-read for anyone looking to improve their life and be happier with themselves and the world around them.

Lisa says

Great affirmations and reminders of how to overcome things that can create blockages. Easy to read and written in a way that it's easy to follow & practice.
