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# Emotional Symptoms Louise Hay

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The Balancing Act

Love Your Body

Freeing Emotions and Energy Through Myofascial Release

You Can Heal Your Life 30th Anniversary Edition

Awakening Intuition

All is Well

The Thriving Adolescent

To Root and to Rise

AWAKEN YOUR SELF-LOVE

How to Heal Yourself When No One Else Can

The Encyclopedia of Ailments and Diseases

Your Body Speaks Your Mind

Meditations to Heal Your Life

Loving Yourself to Great Health

Metaphysical Anatomy

Joyful Recovery from Chronic Fatigue Syndrome/Me

Your Body Speaks Your Mind

Symptoms: the Language of the Soul  
The Healing Questions Guide  
Trust Life  
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Overcoming Fears  
Love Yourself, Heal Your Life Workbook  
Power Thoughts  
Why Do People Get Ill?  
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Numerology for Healing  
Wisdom Cards  
Heal Your Mind  
A Sensitive Soul  
Messages from the Body

Feelings Buried Alive Never Die  
The Tapping Solution  
The Secret Language of Your Body

*Emotional  
Symptoms*  
Louise Hay

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## **SELAH HARRISON**

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*The Balancing Act* SOM  
Publishing

Do you constantly find yourself at the mercy of your emotions? Do your energy levels fluctuate depending on your environment and what you are experiencing at the time? Are you easily overwhelmed by crowds, loud noises, or by too

much of anything? Do you tend to take on the emotions and problems of others as if they were your own? If so, its likely you have a highly sensitive temperament. In *A Sensitive Soul*, author Deborah Dowling provides solutions to these challenges, such as: how to protect yourself from negative influences; recognizing what drains your energy; strategies for managing negative

thoughts and emotions; understanding your limits to avoid becoming overwhelmed; the importance of self-care; and insight into a range of beneficial therapies. Armed with this knowledge, you will develop a better understanding of yourself and improve your general well-being on all levels. This will help you to navigate your environment from a place

of love and protection rather than fear. As a result, you are free to express your compassionate nature safely and make a positive difference in the lives of others, which the highly sensitive soul is often compelled to do.

**Love Your Body** New Harbinger Publications  
For decades, best-selling author Louise Hay has transformed people's lives by teaching them to let go of limiting beliefs. Now in this tour de force, Louise teams up with her go-to natural health and

nutrition experts, Ahlea Khadro and Heather Dane, to reveal the other side of her secret to health, happiness, and longevity: living a nutrient-rich life. Unlike any health book you've ever read, this work transcends fads, trends, and dogma to bring you a simple yet profound system to heal your body, mind, and spirit that is as gentle as changing the way you think. Louise, Ahlea, and Heather show you how to take your health, your moods, and your energy to the next

level. In *Loving Yourself to Great Health*, you will: • Tap into the secrets Louise has used for decades to supercharge the effectiveness of affirmations and bring your body back into alignment with your mind; • Discover what nutrition really means and how to cut through the confusion about which diets really work; • Learn to hear the stories your body is eager to reveal; and • Uncover techniques for longevity, vitality, good moods, deep intuition, and for meeting your body's unique

healing needs at all stages of life. At 88 years of age, Louise has much wisdom to share about what it takes to live a long, happy, healthy life. We invite you to join us on an amazing journey that will turn your life into your greatest love story.

*Freeing Emotions and Energy Through Myofascial Release*

Createspace Independent Publishing Platform

In this groundbreaking, major work on intuition, well-being, and brain science, Dr. Mona Lisa Schulz reveals innovative,

fresh, and exciting ways to tap into intuitions that have the power to improve your health and save your life. Like *Spontaneous Healing* and *Anatomy of the Spirit*, this book gives new insights into the intimate connections between the mind, body, and emotions. Like *The Man Who Mistook His Wife for a Hat*, it provides astonishing new perspectives on what science has uncovered about the powers of the mind and cellular memories. Dr. Schulz

relates how her clients have used intuition to gain insight into the underlying meaning of their life challenges, stories that will inspire you to learn your own body's unique perceptive language. By learning to read your sensations, memories, and the signals of distress and disease, you can strengthen your mind-body consciousness and empower yourself to create a healthier, happier life.

[You Can Heal Your Life 30th Anniversary Edition](#)  
Hay House, Inc

A comprehensive reference and healing tool to address the emotional and psychological causes of illness • Uncovers the conflicted conscious or unconscious feelings, thoughts, and emotions at the root of nearly 900 ailments and diseases • Details a unique Integration and Acceptance Technique for accessing information through the heart and thereby starting the healing process for emotions and feelings • Provides positive affirmations to effect

change for each ailment and disease What if your body used a secret language to talk to you? What if an ailment or illness was your body's way to shout for help, to make you understand that you need to change your thoughts, emotions, feelings, and behaviors? Your body wants you to become aware of the stress that you carry, conscious or not, so you can release unmanaged past and present emotions and the physical complaints that accompany them.

Compiling years of research and the results of thousands of cases he encountered in his private practice and during workshops over the past 30 years, Jacques Martel explains how to read and understand the body's language of disease and imbalance. In this encyclopedia, he shows how body language reveals specific thoughts, feelings, and emotions that are at the source of nearly 900 different ailments and diseases. The author also details his Integration and

Acceptance Technique, which enables healing information to bypass the brain and connect directly with the heart. This technique disables the source of the conflict, conscious or not, that could be at the root of an illness, behavior, or condition and improves the chances of true healing. This comprehensive manual offers a tool to help each of us become, to some extent, our own doctor or therapist, get to know ourselves better, and recover health and well-

being physically, emotionally, mentally, and spiritually. For practitioners and therapists, this remarkable reference tool provides invaluable insights and prompts for healing.

Awakening Intuition

Hachette UK

365 affirmations and reflections drawn from the inspirational work of Louise Hay. Queen of the New Age . . . A founder of the self-help movement . . . The closest thing to a living saint . . . Louise Hay was called all this and

more, and her work inspired millions worldwide, but she never set herself up as a guru with all the answers. She urged every attendee at her workshops and conferences, every reader of her dozens of books, to remember that it is you who has the power to heal your life. She was just here to guide you on the path of remembering the truth of who you are: powerful, loving, and lovable. In honor of Louise's life, you now hold in your hands this compilation of her most

inspiring teachings from her greatest works. Our hope is that the 366 entries within this book allow you to carry the wisdom of Louise with you each and every day, and inspire you to trust the process of Life. As Louise said: "Very simply, I believe that what we give out, we get back; we all contribute to, and are responsible for, the events that take place in our lives--both the good and the so-called bad. We create our experiences based on the words we say and the thoughts we

think. When we create peace and harmony in our minds and think positive thoughts, we will attract positive experiences and like-minded people to us. In essence, what I'm saying is that what we believe about ourselves and about Life becomes true for us."

**All is Well** Hay House, Inc  
This New York Times bestseller has sold over 50 million copies worldwide, including over 200,000 copies in Australia. Louise's key message in this powerful

work is- olf we are willing to do the mental work, almost anything can be healed.o 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! This special edition, released to mark Hay House's 30th anniversary, contains 16 pages of photographs.  
*The Thriving Adolescent*  
Hay House, Inc  
Choose positive

affirmations and take the first step to creating a new and fulfilling life with the trusted guidance of Louise Hay. Every thought you think and every word you speak is an affirmation. An affirmation is like planting a seed. You're always in the process of tending to your garden, and if you do so with care, you'll find that each day becomes more joyous than the one before it. This newly repackaged edition of *Power Thoughts* includes 365 daily affirmations, with topics including

health, prosperity, friendship, love, forgiveness, self-esteem and many more. 'By reading these affirmations - one a day, several at a time or just by opening the book at random - you're taking the first step toward building a more rewarding life... I know you can do it!' - Louise Hay

### **To Root and to Rise**

ReadHowYouWant.com  
Discover the groundbreaking bestseller and TikTok sensation that reveals the connection between your physical

health and emotional well-being, and offers processes for healing—featuring a foreword by Bernie Siegel, M.D. Dive into the enchanting world of holistic healing with renowned intuitive healer Inna Segal. Digging into the root causes of over 300 symptoms and medical conditions, she lays bare the mental, emotional, and energetic triggers behind physical ailments. This comprehensive guide comes complete with a free thirty-five-minute

audio download where Inna herself guides you into a powerful self-care and well-being journey, attuning you to the messages your body communicates. Venture into an empowering, transformative journey that calls upon your body's built-in ability to heal itself. With Segal's gentle guidance, you'll not only restore your physical self but also break free from the shackles of limiting beliefs and emotions that may be hindering your growth and vitality. Decode the secret

language of disease, access quick and easy exercises for nurturing your organs, and use color to rejuvenate your life. By the end of this inspiring journey, you'll have uncovered and applied the life-altering teachings your body has been signaling you all along and be able to live the life you were truly meant to live.

AWAKEN YOUR SELF-LOVE  
Llewellyn Worldwide  
AN ESSENTIAL SELF-CARE  
GUIDEBOOK FROM THE  
NEW YORK TIMES  
BESTSELLING AUTHOR OF

YOU CAN HEAL YOUR LIFE  
LOUISE HAY'S 21 DAY  
SIGNATURE DAILY  
PRACTICE FOR LEARNING  
HOW TO LOVE YOURSELF  
BASED ON HER MOST  
POPULAR VIDEO COURSE,  
LOVING YOURSELF Mirror  
work has long been Louise  
Hay's favorite method for  
cultivating a deeper  
relationship with yourself,  
and leading a more  
peaceful and meaningful  
life. Mirror work—looking  
at oneself in a mirror and  
repeating positive  
affirmations—was Louise's  
powerful method for  
learning to love oneself

and experience the world as a safe and loving place. 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, positive 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 you: • 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, you will establish the practice of Mirror Work as

a tool for personal growth and self-care, and a path to a full, rich life. CHAPTERS INCLUDE: • Loving Yourself • Making Your Mirror Your Friend • Monitoring Your Self-Talk • Letting Go of Your Past • Building Your Self-Esteem • Releasing Your Inner Critic • Loving Your Inner Child • Loving Your Body, Healing Your Pain • Feeling Good, Releasing Your Anger • Overcoming Your Fear • Starting Your Day with Love • Forgiving Yourself and Those Who Have Hurt You • Healing Your Relationships • Living

Stress Free · Receiving Your Prosperity “Mirror work—looking deeply into your eyes and repeating affirmations—is the most effective method I’ve found for learning to love yourself and see the world as a safe and loving place. I have been teaching people how to do mirror work for as long as I have been teaching affirmations. The most powerful affirmations are those you say out loud when you are in front of your mirror. The mirror reflects back to you the feelings you have about

yourself. The more you use mirrors for complimenting yourself, approving of yourself, and supporting yourself during difficult times, the deeper and more enjoyable your relationship with yourself will become.” Love, Louise Hay

How to Heal Yourself  
When No One Else Can  
Simon and Schuster

In this book you will discover what the messages from the different body systems mean and how you can heal any situation by understanding the

message that is being delivered and acting appropriately on that message. This is a secret language that is now being revealed. It is no longer a mystery. Discover for yourself what YOU are trying to say to YOURSELF.

The Encyclopedia of  
Ailments and Diseases  
Hay House, Inc

Louise guides you in releasing your fears & allowing yourself to live in peace & safety with these powerful affirmations & meditation.

**Your Body Speaks Your**

**Mind** Hay House, Inc  
In this book, Anitha takes readers on a journey through the various facets of self-love, starting with physical fitness and progressing through mental, emotional, and spiritual well-being. She emphasizes the importance of nurturing each of these areas to achieve holistic health and happiness. Anitha's holistic approach is evident in her chapters on nutrition and relationships, where she explores how self-love influences our dietary

choices and interactions with others. She also addresses the critical issue of the lack of self-love and provides readers with tools to overcome this barrier, including insights from Louise Hay and positive affirmations. The book concludes with practical meditation techniques and a call to action, encouraging readers to integrate these practices into their daily lives. Anitha's personal experiences and professional expertise shine through, making this guide both relatable

and actionable. As a certified NLP coach, Anitha's ability to guide her clients through transformative mental and emotional breakthroughs is a key highlight of this book. **Meditations to Heal Your Life** Balboa Press  
Karol Truman provides a comprehensive and enlightening resource for getting in touch with unresolved feelings which, she explains, can distort not only happiness but also health and well-being. Leaving no emotion unnamed, and in fact

listing around 750 labels for feelings, Truman helps identify problem areas, and offers a "script" to help process the feelings, replacing the negative feeling with a new, positive outlook. A chapter on the possible emotions below the surface in various physical ailments gives the reader plenty to work with on a deep healing level. FEELINGS BURIED ALIVE NEVER DIE combines a supportive, common-sense, results-oriented approach to a problem that is widespread and

that can stop people from living fully. [Loving Yourself to Great Health](#) Hay House, Inc "I believe that the discoveries in this book can change our understanding of how we store emotional experiences and in so doing, change our lives. The Emotion Code has already changed many lives around the world, and it is my hope that millions more will be led to use this simple tool to heal themselves and their loved ones."—Tony Robbins In this newly

revised and expanded edition of The Emotion Code, renowned holistic physician and lecturer Dr. Bradley Nelson skillfully lays bare the inner workings of the subconscious mind. He reveals how emotionally-charged events from your past can still be haunting you in the form of "trapped emotions"—emotional energies that literally inhabit your body. These trapped emotions can fester in your life and body, creating pain, malfunction, and eventual

disease. They can also extract a heavy mental and emotional toll on you, impacting how you think, the choices that you make, and the level of success and abundance you are able to achieve. Perhaps most damaging of all, trapped emotional energies can gather around your heart, cutting off your ability to give and receive love. The Emotion Code is a powerful and simple way to rid yourself of this unseen baggage. Dr. Nelson's method gives you the tools to identify and release the trapped

emotions in your life, eliminating your "emotional baggage," and opening your heart and body to the positive energies of the world. Filled with real-world examples from many years of clinical practice, *The Emotion Code* is a distinct and authoritative work that has become a classic on self-healing. [Metaphysical Anatomy](#) Penguin UK Ortner describes not only the history and science of tapping (Emotional Freedom Techniques) but also the practical

applications. In a friendly voice, he lays out easy-to-use practices, diagrams and worksheets that will teach readers, step-by-step, how to tap on a variety of issues. With chapters covering everything from the alleviation of pain to the encouragement of weight loss to fostering better relationships, Ortner opens readers' eyes to just how powerful this practice can be.

**Joyful Recovery from Chronic Fatigue Syndrome/Me** Hay House, Inc

Adolescents face unique pressures and worries. Will they pass high school? Should they go to college? Will they find love? And what ways do they want to act in the world? The uncertainty surrounding the future can be overwhelming. Sadly, and all too often, if things don't go smoothly, adolescents will begin labeling themselves as losers, unpopular, unattractive, weird, or dumb. And, let's not forget the ubiquitous 'not good enough' story that often begins during these

formative years. These labels are often carried forward throughout life. So what can you do, now, to help lighten this lifelong burden? The Thriving Adolescent offers teachers, counselors, and mental health professionals powerful techniques for working with adolescents. Based in proven- effective acceptance and commitment therapy (ACT), the skills and tips outlined in this book will help adolescents and teens manage difficult emotions, connect with

their values, achieve mindfulness and vitality, and develop positive relationships with friends and family. The evidence-based practices in this book focus on developing a strong sense of self, and will give adolescents the confidence they need to make that difficult transition into adulthood. Whether it's school, family, or friend related, adolescents experience a profound level of stress, and often they lack the psychological tools to deal with stress in productive ways. The skills we impart

to them now will help set the stage for a happy, healthy adulthood. If you work with adolescents or teens, this is a must-have addition to your professional library.

**Your Body Speaks Your Mind** Simon and Schuster 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. *Symptoms: the Language of the Soul* Ozark Mountain Publishing Many of us grapple with how to stay happy, calm, and focused in a world

that seems to get more complex by the minute. How do we keep our wits about us, our mood stable, and our memory intact when our brains and bodies are bombarded with information and influences from every side? This one-of-a-kind resource combines cutting-edge science with compassion and wisdom to offer answers we can really use. Heal Your Mind continues the three-pronged healing approach that Dr. Mona Lisa Schulz and Louise Hay pioneered

together in All Is Well: Heal Your Body with Medicine, Affirmations, and Intuition. Here, it's applied to aspects of the mind ranging from depression, anxiety, and addiction to memory, learning, and even mystical states. You'll learn what's going on in your brain and body when:

- You feel sad, angry, or panicked
- An addictive substance or behavior has hold of you
- You have trouble focusing, reading, or remembering
- A past trauma is clouding your

mind in the present

- An emotional state is a clue to a physical ailment
- And more

And in each chapter, you'll get a "virtual healing experience" through case studies in the All Is Well Clinic, where Dr. Mona Lisa uses medical intuition to pinpoint issues in a wide range of prototypical client histories and she and Louise offer solutions and affirmations to help restore well-being. Today, the "pill-for-every-ill" approach is so prevalent that we may think our minds and bodies need an

endless array of expensive, ever-changing pharmaceutical interventions. In truth, medicines are just one approach to healing the mind; nutritional supplements give us another important way to support mind-body health; and affirmations, as well as various forms of therapy, can restore us to balance by changing the way we think. *Heal Your Mind* puts all these tools at your disposal to help you choose your own path toward wholeness.

[The Healing Questions](#)

[Guide](#) Hay House, Inc Shapiro explains why unresolved psycho/emotional issues can affect physical health, how feelings and thoughts are linked to specific body parts, and steps to take to heal the body with the mind, and to heal the mind with the body.

**Trust Life** Simon and Schuster *Heal Your Body* is a fresh and easy step-by-step guide. Just look up your specific health challenge and you will find the probable cause for this health issue and the

information you need to overcome it by creating a new thought pattern. Louise Hay, bestselling author, is an internationally known leader in the self-help field. Her key message: "If we are willing to do the mental work, almost anything can be healed." The author has a great deal of experience and firsthand information to share about healing—including how she cured herself after having been diagnosed with cancer. Hundreds of thousands of people from

all over the world have read Heal Your Body and have found it to be an indispensable reference. Here are some typical comments: "I love this

book. I carry it around in my purse, refer to it constantly, and share it with my friends." "HEAL YOUR BODY seems divinely inspired." "Thank

you for writing HEAL YOUR BODY. It changed my ideas about diseases. As I am a doctor, it also changed the way I look at people."