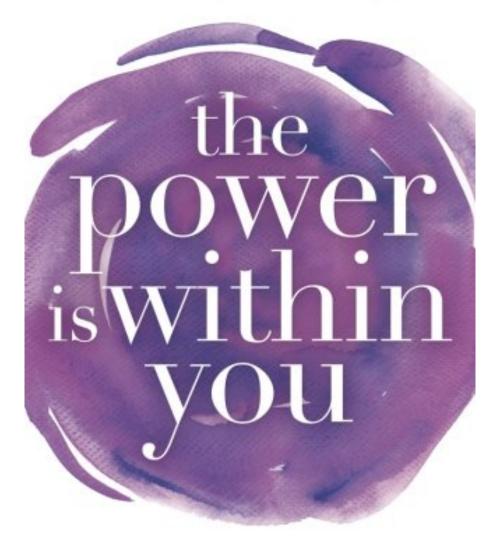




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Louise Hay, the author of the international bestseller You Can Heal Your Life, is a metaphysical lecturer and teacher with more than 40 million books sold worldwide. For more than 30 years, Louise has helped people throughout the world discover and implement the full potential of their own creative powers for personal growth and self-healing. Louise is the founder and chairman of Hay House, Inc., which disseminates books, CDs, DVDs, and other products that contribute to the healing of the planet. Visit www.LouiseHay.com Robert Holden, Ph.D., is the creator of the Loveability program. His work on psychology and spirituality has been featured on Oprah, Good Morning America, and a PBS special called "Shift Happens." He was also featured in two major BBC-TV documentaries, The Happiness Formula and How to Be Happy. His corporate clients include Dove and its Campaign for Real Beauty. He is author of Happiness NOW!, Shift Happens!, Authentic Success (formerly titled Success Intelligence), and Be Happy. Robert hosts a weekly show on Hay House Radio called Shift Happens! He also contributes daily to his Facebook page at www.facebook.com/drrobertholden. For information, visit www.robertholden.org.

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-learning to listen and trust the inner voice;

-loving the child within;

-letting our true feelings out;

-the responsibility of parenting;

-releasing our fears about growing older;

-allowing ourselves to receive prosperity;

-expressing our creativity;

-accepting change as a natural part of life;

-creating a world that is ecologically sound

where it's safe to love each other'

-and much more.

She closes the book with a chapter devoted to meditations for personal and planetary healing.

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- Self Acceptance

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