



# Experience Your Good Now

By Louise L. Hay

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In this delightful book, **Louise L. Hay** discusses the power and importance of affirmations and shows you how to apply them *right now!*

Louise explains that when you state an affirmation, you're really saying to your subconscious mind: "I am taking responsibility. I am aware that there is something I can do to change."

Within these pages, Louise discusses specific topics and concerns (health, fearful emotions, addictions, prosperity issues, love and intimacy, and more) and presents exercises that show you how to make beneficial changes to virtually every area of your life.

In the enclosed audio download, Louise offers you helpful information about affirmations that you can also use to your benefit. She recommends that you listen to the audio at any time of the day or night – whenever you'd like positive thoughts and ideas to permeate your consciousness and fill you with hope and joy.

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## Experience Your Good Now By Louise L. Hay Bibliography

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## **Editorial Review**

### About the Author

**Louise Hay**, the author of the international bestseller *You Can Heal Your Life*, is a metaphysical lecturer and teacher with more than 50 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. She has appeared on *The Oprah Winfrey Show* and many other TV and radio programs both in the U.S. and abroad.

Websites: [www.LouiseHay.com®](http://www.LouiseHay.com®) and [www.HealYourLife.com®](http://www.HealYourLife.com®)

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