



Life Loves You: 7 Spiritual Practices to Heal Your Life

Louise Hay, Robert Holden Ph.D.

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Life loves you
and you have the power within you
to create a life you love.

Life loves you is one of Louise Hay's best-loved affirmations. It is the heart thought that represents her life and her work. Together, Louise and Robert Holden look at what life loves you really means—that life doesn't just happen to you; it happens for you. In a series of intimate and candid conversations, they dig deep into the power of love, the benevolent nature of reality, the friendly universe, and the heart of who we really are.

Life Loves You is filled with inspiring stories and helpful meditations, prayers, and exercises. Louise and Robert present a practical philosophy based on seven spiritual practices. Key themes cover

The Mirror Principle – practicing the how of self-love

Affirming Your Life – healing the ego's basic fear

Following Your Joy – trusting your inner guidance

Forgiving the Past – reclaiming your original innocence

Being Grateful Now – cultivating basic trust

Learning to Receive – being undefended and open

Healing the Future – choosing love over fear

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