



# I Can Do It

## How to Use Affirmations to Change Your Life

In this concise yet information-packed book - which you can listen to on the enclosed CD or read at your leisure - bestselling author Louise L Hay shows you that 'you can do it' - that is, change and improve virtually every aspect of your life by understanding and using affirmations correctly. Well known for her positive affirmations, Louise explains that every thought you think and every word you speak is an affirmation. Many of your own thoughts are merely habitual and learned from childhood - they may work well for you but you will also have thoughts creating experiences you don't want. Learn how to eliminate these and replace with affirmations to give you the confidence to attain the wonderful, joy-filled life you deserve. (1401902197)

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