



# Mirror Work: 21 Days to Heal Your Life

*Louise Hay*

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## Mirror Work: 21 Days to Heal Your Life Louise Hay

Mirror work has long been Louise Hay's signature method for cultivating a deeper relationship with yourself and others, and leading a rich and meaningful life. Now, in *Mirror Work*, she shows how in just 21 days, you can master this simple but powerful practice as an ongoing support for positive transformation and self-care.

*"I have been teaching people how to do mirror work as long as I have been teaching affirmations . . . The most powerful affirmations are those you say out loud when you are in front of a mirror, looking deeply into your eyes. A mirror reflects back to you the feelings you have about yourself. It makes you immediately aware of where you are resisting and where you are open and flowing. It clearly shows what thoughts you will need to change if you want to have a joyous, fulfilling life."*

- Louise Hay

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#### **Adam Schneider:**

Often the book Mirror Work: 21 Days to Heal Your Life has a lot of information on it. So when you make sure to read this book you can get a lot of benefit. The book was published by the very famous author. The author makes some research prior to write this book. This kind of book very easy to read you will get the point easily after reading this article book.

#### **Adela Valenti:**

The reason? Because this Mirror Work: 21 Days to Heal Your Life is an unordinary book that the inside of the publication waiting for you to snap the item but latter it will distress you with the secret this inside. Reading this book adjacent to it was fantastic author who all write the book in such amazing way makes the content inside easier to understand, entertaining means but still convey the meaning entirely. So , it is good for you because of not hesitating having this anymore or you going to regret it. This phenomenal book will give you a lot of advantages than the other book include such as help improving your talent and your critical thinking method. So , still want to delay having that book? If I had been you I will go to the guide store hurriedly.

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