



# Meditations for Loving Yourself to Great Health

*Louise Hay, Ahlea Khadro, Heather Dane*

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*“These meditations invite you to reconnect to nature and your body— and, most of all, to make loving choices in your life . . . about the thoughts you think, the food you eat, and how you listen and respond to your body’s messages. When you really love yourself, everything in your life works better, including your health.”*

— Louise

The guided meditations in this audio program were created by **Louise Hay, Ahlea Khadro, and Heather Dane** to support you in changing your way of life to one that focuses on nourishing your body and treating it with love.

Sit back, relax, and allow yourself to be guided to more loving choices. Learn to feel more grounded, to cherish and accept your body, to deepen your intuition about your body’s needs, and to shift to more positive thoughts in all areas of your life. You will love these healthy, happy, feel-good meditations!

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