



The Power of Your Spoken Word: Chang Your Negative Self-Talk and Create the Life You Want!

Louise L. Hay

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On this engaging and spirited audio program, Louise L. Hay helps you discover your own power, wisdom, and inner strength through the mastery of the words you speak. When you say anything, you are, in fact, extending your inner self-talk to create a similar world around you. In her warm and caring manner, Louise offers suggestions on how to eradicate negative self-talk and start surrounding yourself with positive thoughts and words to help create a loving life.

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