



# Heal Your Body A-Z: The Mental Causes for Physical Illness and the Way to Overcome Them

*Louise L Hay*

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**Heal Your Body A-Z: The Mental Causes for Physical Illness and the Way to Overcome Them** Louise L Hay

In this handy A-Z book, based on her bestselling *Heal Your Body*, Louise Hay shows you that, if you are willing to do the mental work, almost anything can be healed. Just look up your specific health challenge and you will find the probable cause for this health issue, as well as the information you need to overcome it by creating a new thought pattern. The list of mental equivalents in this book has been compiled from Louise's many years of study, her work with clients, and her lectures and workshops. You will find that *Heal Your Body A-Z* is invaluable as a quick-reference guide to the probable mental patterns behind the dis-ease in your body. As Louise says, "I offer you this list with love, and a desire to share this simple method of helping to heal your body - A to Z!"

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