



You Can Heal Your Heart: Finding Peace After a Breakup, Divorce or Death

By Louise L. Hay, David Kessler

Hay House UK Ltd, United Kingdom, 2014. CD-Audio. Book Condition: New. Unabridged. 142 x 125 mm. Language: English . Brand New. In You Can Heal Your Heart, self-help luminary Louise Hay and renowned grief and loss expert David Kessler, the protege of Elisabeth Kubler-Ross, have come together to start a conversation on healing grief. This remarkable audiobook discusses the emotions that occur when a relationship leaves you brokenhearted, a marriage ends in divorce, or a loved one dies. You Can Heal Your Heart will also foster awareness and compassion, providing you with the courage to face many other types of losses and challenges, such as saying goodbye to a beloved pet, losing your job, coming to terms with a life-threatening illness or disease and much more. With a perfect blend of Louise Hay s teachings and affirmations on personal growth and transformation and David Kessler s many years of working with those in grief, this empowering audiobook will inspire an extraordinary new way of thinking, bringing hope and fresh insights into your life and even your current and future relationships. You will not only learn how to help heal your grief, but you will also discover that, yes, you can...



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Reviews

This book is definitely worth acquiring. I have go through and so i am certain that i will likely to read through again again in the future. Its been printed in an exceptionally basic way in fact it is only after i finished reading this publication in which actually altered me, change the way in my opinion.

-- **Andres Bashirian**

Comprehensive guide for publication fanatics. This really is for all who statte there had not been a well worth reading through. I discovered this ebook from my dad and i encouraged this book to find out.

-- **Lacy Goldner**