



Heal Your Body: The Mental Causes for Physical Illness and the Metaphysical Way to Overcome Them

Louise L. Hay

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Heal Your Body is a fresh and easy step-by-step guide. Just look up your specific health challenge and you will find the probable cause for this health issue and the information you need to overcome it by creating a new thought pattern.

Heal Your Body: The Mental Causes for Physical Illness and the Metaphysical Way to Overcome Them Details

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From Reader Review Heal Your Body: The Mental Causes for Physical Illness and the Metaphysical Way to Overcome Them for online ebook

Thebookvamp says

This book gives the positive waves to our body... "YOU ARE WHO YOU THINK YOU ARE" is the basic of this book. Its about how we can mentally heal our physical body "metaphysical". It gives a detailed healing method for every pain and suffer u have in ur body and mind, with no medicines or treatments but by Your Thoughts. I think its very useful to have it in our hands. Physical pain goes or not, am sure... if we follow, we feel Positive.

Sara says

it was interesting to say the least, but not my cup if tea. well i do agree with some things she says, but not with everything else. i.e. about eye sight in regards to near sightedness? i've had bad eye sight since i was a child. as a child not even 10, i was not afraid of the future? the future was allicould think about andhow exiting it would be growing up. and i accepted guidance and i knew i was safe...

well... i guess its each to their own.

GlobeRunner says

I read this booklet right after the popular science book "Microbe Hunters" (Paul de Kruif), in which I found this statement, as true now as it was when the book was written in 1926: "Murderous germs are everywhere, sneaking into all of us, yet they are able to assassinate only some of us, and that question of the strange resistance of the rest of us is still just as much an unsolved puzzle as it was in those days of the roaring eighteen-eighties when men were ready to risk dying to prove that they were right." That "strange resistance" (or an increased susceptibility, which would be the other end of the spectrum) is what I hope alternative medicine can help explaining. Despite my scientific background and profession (both in medical research), I believe that the only way to get a full picture is to listen to both sides, i.e. study the traditional scientific explanations of disease as well as the alternative spiritual ones. I'm hoping that the addition of alternative medicine literature such as this booklet (and of course, personal experience and observation) to the scientific study reports, patient records and medical textbooks I read will give me this full picture.

Hay is often criticized for arguing that all disease is caused solely by unhealthy mental attitudes. Personally, I don't think there is any reason why this booklet should have to be interpreted in that way. In the preface of this 67th (!) edition of "Heal Your Body", Lousie L. Hay writes: "[f]or us to become whole and healthy, we must balance the body, mind, and spirit". Later on in the text, she states that "[t]he mental thought patterns that cause the most dis-ease in the body are criticism, anger, resentment, and guilt". My interpretation of that hypphen is that it's there to differentiate "dis-ease" from "disease", which usually refers to the end result of increased susceptibility ("dis-ease") coupled with physical causes. It's hard to disagree with such a holistic view!

After the short introductory chapters, the booklet is a kind of encyclopaedia where the reader can look up a specific health problem to find its probable mental cause and a suggested “healing affirmation” to use as a remedy. I found some of it almost comical (“Problem: Bug bites, Probable cause: Guilt over small things., New thought pattern: I am free of all irritations. All is well.”), but surprisingly much of it made sense to me when I “tested it” on myself and others I felt I knew well enough. I’m sceptical to whether the affirmations can make much of a difference, but I can obviously not refute it without having tried them. To someone stuck in a negative thought pattern due to depression (i.e. low serotonin levels), this booklet certainly doesn’t give much hope for the future! I’m still hoping that it can be a useful complement to scientific explanations and, who knows, maybe I’ll find that it does this job well enough for me to give it another star.

Nancy Mramor-Kajuth says

Louise Hay offers an explanation for illness that is different from the medical perspective and takes into account the whole person. She is a ground-breaking author and spiritual teacher with a wealth of wisdom to offer.

Wendy Fierstein says

Opened my eyes to how our emotions truly affect our physical. Very insightful. I loved it.

Heather says

What can I say about a book written by a woman who states that babies are born with birth defects because they CHOOSE to be born that way?? Nothing good! At all! Shame on you Louise Hay!

Joanne says

This book is my health bible - dare to tell me you have an ailment and I will be flicking through the pages to tell you what the emotional cause could be. Battered and bruised I carry it with me always. It helps you understand the emotional roots for ill-health and support the idea that we really can heal ourselves more often than we think

Saga Norén says

Un librito cortito, que se lee en una hora, aunque estate preparado para no sentirte hipocondriac@. Muy ciertas las razones de los malestares, en muchos estaba consciente de que así eran. Recomendable para aquellos que quieran cambiar sus vidas.

Laura Cantu says

Louis L. Hay presents a useful and seemingly accurate perspective on why our bodies may express discomfort. I highly recommend this book to anyone that is in need of healing. This book encourages us to use the power of our minds to influence our healing processes. Heal Your Body can help you gain insight into your purpose, the obstacles you face, and sheds light onto those things that can be difficult to face. Using this clear and easy to use "manual" can help bring not only healing, but joy and peace to one's life.

Julie says

Potentially very dangerous book that tells people you can cure very real and very dangerous illnesses (such as cancer) by ... forgiving people? No thanks ...

Anyone who is ill should stay away from this book ...

Allison says

Wow. I've known about affirmations and that they work for promoting behavioral changes since I was very young. I can remember doing affirmations when I was in middle school (I was born in 1967). I can't remember having actively used them in the past 15 years. That is about to dramatically change.

I've suffered from clinical depression for decades and I feel like Louise Hay's insights may profoundly ~~change~~ IMPROVE my day-to-day life. I know this for certain, it will not hurt or make things worse.

So many of the connections she makes between "mental causes" and "physical illness" have rung true for me (in conditions I once suffered from but are not presently experiencing as well as with conditions I am currently experiencing). And, some of those revelations aren't easy to acknowledge or accept either.

Here's to self-exploration, growth and healing. There's no better time than the present.

Big H says

I understand that positive thinking can go a long way in improving your general health, but please don't insinuate that it can fully cure slipped discs, cystic fibrosis, AIDS...if positive thinking and chanting, "THIS MOMENT IS FILLED WITH JOY. I NOW CHOOSE TO EXPERIENCE THE SWEETNESS OF TODAY" would cure my Diabetes Mellitus, trust me--I would've been able to toss my needles and meters a long time ago!

Jenger says

In dealing with chronic pain a friend referred this book to me as an alternative to the traditional medicine that wasn't as effective as necessary. It's just a short book which lists different diseases and physical ailments and what are perceived as the psychological reasonings behind those pains. I've always believed there is some connection between mind and body, I just never considered the specific relationship between each part of the body and the psyche. It was actually a very enlightening book for me. I find myself reaching for it often when I'm not feeling well and get curious as to what might be the true underlying issue for the physical pain. Just that knowledge allows me to think through what's happening in my life and make some adjustments. Now, where Louise Hay and I part ways in this thinking is with her remedy - affirmations. I realize that there's logic behind this concept but my mind just doesn't play along. It laughs at affirmations and refuses to be so easily manipulated. I realize it does work for others so I'm not discounting it, just saying it's not the solution for me. Regardless, the book is still illuminative and helpful. If conventional medicine isn't working for you or you just dislike the traditional remedies to headaches and such, this book is worth a peek.

Allirock says

Well, if you know me, you know I am into ways of natural healing and all that hippie crap. So, Bev gave me this book and I really did love it. Even though it is more like a guide than a book, I really learned a lot from it. Saying the affirmations in it really have helped me with my anxiety.

Ryan Barone says

I was referred to this book by a famous hypnotist named Steven Parkfield. This book is a companion book to heal your life, which is by the same author. This book is amazing, and may sound somewhat OUT THERE at first, just start examining others around you who suffer from problems, you will then start to see how right this book is. I was a cigarette smoker for awhile, and after reading this book I quit. Now, this had nothing to do with "reading" the book, but everything to do with implementing the lifestyle into my own. I had a lot of anger and resentment toward my parents and people from the past, that I had never dealt with. I have now realized the phrase from the book, "outward symptoms are the result of inward conditions", is 100% true. BOOK HIGHLY SUGGESTED!!!
