



# The Power of Your Spoken Word

Louise Hay



On this engaging and spirited CD 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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