



Health

Louise L. Hay

A 12-Card Deck



Dear Friends,

I have written these cards as a way to help you create good health in every part of your mind and body! When you take care of yourself in the best way you can, you radiate beauty and happiness . . . and the world responds in an appreciative way.

Good health comes from within, and it's a reflection of the thoughts you think and the words you speak. When you combine uplifting inner dialogue with good nutrition and regular exercise, you create all the tools you need to be healthy . . . from head to toe!

Choose a card each morning, and it will be your positive message for the day!

— LOUISE L. HAY



I enjoy the foods
that are best for my body.
I love every cell of my body.



I make

healthy choices. I have
respect for myself.



I look forward to a healthy old age because I take loving care of my body now.



I am

constantly discovering
new ways to improve
my health.



I return my
body to optimum health by
giving it what it needs on
every level.



I am

pain free and totally
in sync with life.



Healing happens!
I get my mind out of the way and
allow the intelligence of my body
to do its healing work naturally.



My body

is always doing
its best to create
perfect health.



I balance my
life between work, rest, and
play. They all get equal time.



I a m

grateful for being alive
today. It is my joy and
pleasure to live another
wonderful day.



I am willing to ask for help when I need it. I always choose the health professional who is just right for my needs.



I trust

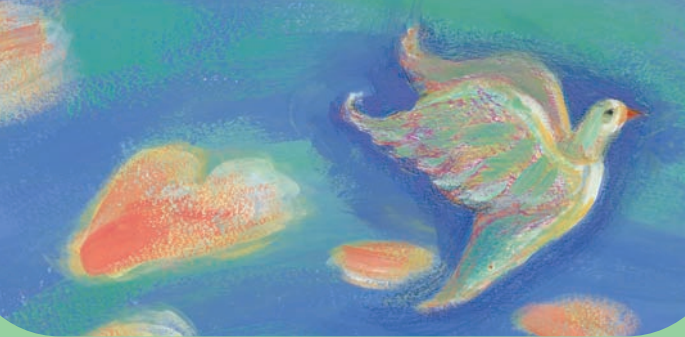
my intuition. I am
willing to listen to that
still, small voice within.



I get plenty of sleep every night. My body appreciates how I take care of it.



I lovingly
do everything I can
to assist my body in
maintaining perfect health.



I have a special guardian angel. I am Divinely guided and protected at all times.



Perfect

health is my
Divine right, and
I claim it now.



I give a portion of
my time to helping others.
It is good for my own health.



I am

grateful for my healthy
body. I love life.



I am the only person who has control over my eating habits. I can always resist something if I choose to.



Water is

my favorite beverage.

I drink lots of water

to cleanse my

body and mind.



Filling my mind
with pleasant thoughts is
the quickest road to health.



My happy

thoughts help create
my healthy body.



I go within and
connect with that part of
myself that knows how to heal.



I breathe

deeply and fully. I take
in the breath of life,
and I am nourished.



LOUISE L. HAY is a metaphysical lecturer and teacher and the bestselling author of 27 books, including *You Can Heal Your Life* and *Empowering Women*. Her works have been translated into 25 different languages in 33 countries throughout the world. Since beginning her career as a Science of Mind minister in

1981, Louise has assisted thousands of people in discovering and using the full potential of their own creative powers for personal growth and self-healing. Louise is the founder and chairman of Hay House, Inc., a publishing company that disseminates books, audios, and videos that contribute to the healing of the planet.

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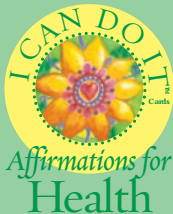
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LOUISE L. HAY, the internationally renowned author of *You Can Heal Your Life*, brings you 12 affirmation cards that will help you create and maintain good health. Post these cards in your home, workplace, car . . . or give them to friends and family. They're sure to give you an enhanced sense of joy, power, and contentment!



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