



# I Can Do It - How To Use Affirmations To Change Your Life

*Louise L. Hay*

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## **I Can Do It - How To Use Affirmations To Change Your Life** Louise L. Hay

Shows you that 'you can do it' - that is, change and improve virtually every aspect of your life by understanding and using affirmations correctly. Well known for her positive affirmations, the author explains that every thought you think and every word you speak is an affirmation.

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