

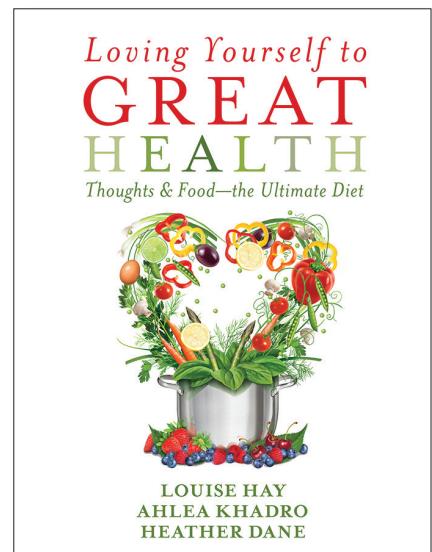
Loving Yourself To Great Health

Thoughts & Food—the Ultimate Diet

by Louise Hay, Ahlea Khadro, Heather Dane



(From left to right) Heather Dane, Louise Hay and Ahlea Khadro



LOVING YOURSELF TO GREAT HEALTH:
Thoughts & Food--The Ultimate Diet (H)
by Louise Hay, Ahlea Khadro, Heather Dane
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From the Preface by Louise Hay

This book is a love story. It's about loving yourself as a way to create health, happiness, and longevity. Yes, you will learn tips, menus, recipes, affirmations, and exercises that have worked to keep me healthy, vibrant, and strong throughout my life. But more than that, your heart will be opened to new ways to love and support yourself on this incredible journey.

Over the years, I have taught ways to eliminate the negative thoughts in your mind and to replace them with positive affirmations. To practice forgiveness and to dissolve resentment. To learn to really love who you are. To do mirror work. Those of you who have followed these lessons have seen your lives turn around for the better. Now it is time for the next step.

I have had so many of you say to me, "You look so young and vibrant." Or, "I want to be healthy like you when I get older." In this book, I will be sharing exactly what I do. For me, this is the next step in changing your thoughts. It's changing your way of life to one that focuses on nourishing and treating your body with love. . . .

In this book, I am introducing two people who have transformed my life: Ahlea Khadro and Heather Dane. I would like them to transform yours, if you

are willing. In this book, the three of us will share the things I do to feel my best while working, traveling, writing, and having an active social life. Some of the secrets we share will be new to you, while others may remind you of what you would like to reaffirm.

As I look back and think about why I feel so good at age 88, I truly believe it's because of the way I live. My thoughts from morning until I go to sleep at night are mostly a stream of positive affirmations. I firmly believe that Life loves me and everything I need comes to me at the right time. I also believe that I am a big, strong, healthy girl! Then I leave it to Life to bring my thoughts into manifestation so that this comes true for me.

When you expand your thinking and beliefs, your love flows freely. When you contract, you shut yourself off. Can you remember the last time when you were in love? Your heart went *ahh!* It was such a wonderful feeling. It is the same with loving yourself, except that you will never leave once you have that love. It's with you for the rest of your life, so you want to make it the best relationship that you can have.

It has been such a pleasure to work with Ahlea and Heather on this book, and I know you will enjoy it as much as I have. ♦