



I Can Do It: How to Use Affirmations to Change Your Life

Louise L. Hay

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In this concise yet information-packed book—which you can listen to on the included audio download or read at your leisure—bestselling author LOUISE 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. Louise explains that every thought you think and every word you speak is an affirmation. Even your self-talk, your internal dialogue, is a stream of affirmations. You’re affirming and creating your life experiences with every word and thought. Your beliefs are merely habitual thinking patterns that you learned as a child, and many of them work very well for you. But other beliefs may be limiting your ability to create the very things you say you want. You need to pay attention to your thoughts so that you can begin to eliminate the ones creating experiences that you don’t want. As Louise discusses topics such as health, forgiveness, prosperity, creativity, relationships, job success, and self-esteem, you’ll see that affirmations are solutions that will replace whatever problem you might have in a particular area. By the end of this book, you’ll be able to say “I can do it” with confidence, knowing that you’re on your way to the wonderful, joy-filled life you deserve.

I Can Do It: How to Use Affirmations to Change Your Life Details

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From Reader Review I Can Do It: How to Use Affirmations to Change Your Life for online ebook

Hil says

I can't guarantee that this stuff works but I can't see why it wouldn't. The advice inside here is sound and I'd say this book is a good overview of what various other spiritual-type books would tell you, e.g. think positively; if you want something, think as if you already have it and not about wanting it; have an attitude of gratitude; don't think you'll 'never' do or get something you want; give yourself love, especially the bits of you you don't like, and don't look for the love you need in others before you can give it to yourself. That kind of thing. It all makes sense. I do think this book is quite expensive for what it is - recycled knowledge - but it does have some really good examples of positive affirmations for people looking to make their own. I really liked "that may be true for other people but it isn't true for me". You can make your own affirmations - it's probably better that way - but there are some good ones here for inspiration.

Yelda Basar Moers says

I found this little book in a bookstore called The Higher Self Bookstore while traveling this week in Traverse City, Michigan. I love discovering bookstores on my travels. What drew me to it were the words, "I CAN DO IT." It reminded me of the storybook I read to my children, "The Little Engine That Could," when the little blue engine keeps saying, "I think I can," as she tries to climb the mountain. Words are very powerful, especially the words we tell ourselves. I found this book to be transformative. I began saying these affirmations and I did feel a shift in myself. The author Louise Hay is a pioneer in empowerment and self development. She also offers I CAN DO IT empowerment cards as well. Those four little words, just say them and feel their push!

S. says

2,5

Brittany Depezynski says

I listen to the cd every day. The more I listen to it the more I understand what shes talking about and allow really cool/crazy connections to work out in my life. Its been a really positive experience :)

Cathy says

My aunt sent this book to me because I was sick and was having trouble being patient with healing. It is very simple and has lists of affirmations you can use to change the way you are thinking about things. One day I

was in the kitchen worrying about not feeling well and my 4 year old son ran and got the book and handed it to me. So, if he thinks it helps, there must be something to it.

Stacey M says

Great reminders of having abundant thinking! Liked it better than The Secret.

Lmcelebre says

Love this book. I have read it and re-read it. I have even used it with my clients. Three cheers for Louise Hay!

Ellie says

3 positive stars!

I am not a fan of self help books, but I got this one for my 18th birthday, so I gave it a try. And I must admit, it was much more inspirational than I thought it could ever be. I don't like when people are telling me how to live my life. Luckily this is not one of those cases. 'I Can Do It' represent a way how to make your life better, if you want to, by using positive thoughts. After I read it, I realized some things, which I already knew, but never really thought about them.

Haneen Najeh says

beautiful book with great information inside it.
I really enjoyed it; it gives the reader a beautiful positive energy.

JUST On Time

Brittany says

This is a nice little book with positive affirmations to get you motivated and feeling good about your life.

Catherine says

All my life, I've heard people say things like "You can't control what other people do, you can only control your own mind." and "No one can MAKE you feel bad." and "You can CHOOSE to be happy."

I've never understood what these people were talking about! I didn't CHOOSE to be sad, I just was! I didn't CHOOSE to be angry at my boss, he MADE me angry! And if it was that easy, if I could flip a switch and be happy, then HOW? I so desperately wanted someone to teach me how to do it, because it seemed as though I was the only person who never learned!

Well, now I get it. This book is the best step-by-step instruction on how to change the way you think, and feel better. How to flip anger, sadness, fear, stress, jealousy, ALL of those feelings that bog us down and make us unhappy. It's not necessarily easy, and it's not foolproof, but what is? There is no magic wand, but that's okay. I've always expected to work for what I want.

This book is the kind of book where if you'd told me to read it 10 years ago, I would've laughed in your face. It's a little cheesy and new-agy, and you feel a little silly reading it, especially with the pink type and hearts and stars all over it. But if you want answers, and you've searched for them over and over without luck, and you're willing to try something you may have dismissed before, then pick up this book.

The main point of this book is to change the way your brain thinks. You do this by taking a negative thought and turning it into a positive one. You think "I hate my body." Well, what good is that doing you? Hating your body makes you unhappy. Being unhappy might make you eat more, or not exercise, or not buy clothes you like, or not get a new haircut. So instead, after that thought pops in your mind, replace it with "I love my body. I feel good in my skin. I am confident in who I am." It might not feel true, you'll think "This is B.S." or "I can't think it if I don't believe it." But the more you say that to yourself, the more you'll believe it, and the better you'll feel. It might make you go out and do things to make the affirmation happen, or you may not have to do anything-you'll just feel better about yourself and your body. There's nothing wrong with that!

So seriously, there's no harm in reading this book. Just do it! If you lack self esteem, if you often feel angry, sad, afraid, or any other negative feeling that you don't know how to control and are starting to think it's taking over your life, READ THIS BOOK. I was starting to think I was broken, like maybe my brain wasn't wired correctly, that maybe I'd need to see a therapist and start taking antidepressants or anxiety medication. And maybe that would work, too. But I think without learning this practice, the rest would be a waste of time. Because THIS is what needs to change. I have a wonderful life, I just need to remind my brain of that. And if my life isn't wonderful, I need the mental skills to make it better.

Jana says

I won this book in a drawing at the gym, and it was a bizarre experience, because I somehow KNEW I needed to read it and KNEW I was going to win it.

It deals with affirmations, in all areas of life, and similar to The Secret, how changing our worldview can change actual circumstances.

I put it to the test and saw an immediate turnaround.

Mari says

This is my favorite book that I use continually for the affirmations. The affirmations are very powerful.. This book also comes with a CD with affirmations from the book. Louis L. Hay is very loving and soothing.

Toàn Khôi says

"Hôm nay là m?t ngày m?i – Hôm nay chính là th?i ?i?m ?? b?n kh?i ??u m?t cu?c s?ng t?t ??p. Hôm nay là ngày b?n s? ???c gi?i phóng kh?i nh?ng m?i b?n tâm v? nh?ng h?n ch?, kh?i m? khuy?t, th?t b?i và sai l?m c?a b?n th?n. Hôm nay b?n s? khám phá nh?ng bí m?t m?i m? c?a cu?c s?ng..." - Louise L. Hay.

Công ty First News - Trí Vi?t v?a hoàn t?t vi?c ký h?p ??ng chuy?n giao b?n quy?n v?i t?p ?oàn Hay House (Hoa K?) và phát hành t?i Vi?t Nam, qua NXB Tr?, cu?n sách c?a tác gi? n?i ti?ng Louise L. Hay, ??ng th?i c?ng là giám ??c t?p ?oàn xu?t b?n Hay House: TIN VÀO CHÍNH MÌNH - I CAN DO IT!

Tin Vào Chính Mình h??ng d?n b?n t?p trung vào thái ?? s?ng và s? d?ng s?c m?nh c?a s? t? kh?ng ??nh ?? v??t qua nh?ng kh?o kh?n, h?n g?n nh?ng v?t th??ng và v??n l?n trong cu?c s?ng. Cu?n sách c?n gi?p b?n nh?n nh?n r? b?n th?n m?nh h?n ?? ??nh h??ng suy ngh? ??i v?i m?i v?n ?? trong cu?c s?ng. Dù cu?c s?ng v?n ?ang g?p nhi?u kh?o kh?n, th?t b?i, ch?a ???c nh? b?n mong mu?n; nh?ng ngay t? b?y gi?, t? giây ph?t hi?n t?i n?y b?n c? th? thay ??i t?t c? b?ng nh?ng suy ngh? ho?c ng?n t? mà b?n di?n ??t. Khi l?m ???c nh? th?, b?n s? th?y m?i th? trong cu?c s?ng c?a b?n c?ng s? thay ??i theo v?i ?ây là ?i?m b?t ??u c?a m?i con ???ng d?n ??n s? thay ??i.

Kho?nh kh?c b?n ?ang th?c s? s?ng chính là kho?nh kh?c c?a hi?n t?i. ?ó là th?i ?i?m duy nh?t mà b?n c? quy?n và c? th? ki?m soát m?i th?. “Ngày hôm qua ?ã là l?ch s?, ngày mai v?n c?n là ?i?u b?i ?n, ch? có hôm nay m?i là m?t m?n qu?a, ?ó là lý do v?i sao chúng ta g?i hi?n t?i là qu?a t?ng c?a cu?c s?ng.” Hãy b?t ??u b?ng cách c?m nh?n nh?ng ?i?u t?t ??p ngay vào l?c n?y, b?n s? c? ???c nh?ng giây ph?t t?i sáng và tr?n ??y ni?m vui trong t??ng lai.

?ây là m?t cu?n sách hay, ý ngh?a và h?u ích cho b?n ??c m?i l?a tu?i, nh? m?t ng??i b?n chia s? v?i b?n m?i kh?ia c?nh trong cu?c s?ng, và b?n s? c? th?m ?i?m t?a cho cu?c ??i m?nh. ?ây ???c g?i là cu?n sách c? th? l?m thay ??i cu?c s?ng c?a b?n. M?t khi b?n thay ??i suy ngh? theo chi?u h??ng t?ch c?c h?n, ch?c ch?n b?n s? t?o ???c thay ??i l?n trong m?i l?nh v?c c?a cu?c s?ng. Sách k?m 1 CD “I CAN DO IT” do chính tác gi? ???c ph?n ti?ng Anh, c? th? ???c d?ng ?? b?n nghe khi r?nh r?i và n?ng cao t?nh ?? nghe ti?ng Anh c?a m?nh.

<https://www.firstnews.com.vn/vi/tac-p...>

Calypso says

Um livro pequeno e extremamente fácil de ler que nos mostra a força dos pensamentos positivos e o quanto estes podem provocar alterações nas nossas vidas. Infelizmente já li outro livro que abordava o mesmo tema e tal acabou por afectar esta leitura, daí as 3 estrelas (like it) da minha parte. Certamente que teria apreciado mais os seus ensinamentos se o tema me fosse completamente novo.

