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You can go from grief to peace. Endings are also beginnings. I encourage you to use the affirmations and teachings throughout *You Can Heal Your Heart*, while working through a loss and also in every aspect of your life. Pay attention to your thinking, and change

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providing you with
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many other types of
losses and

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In *You Can Heal Your Heart*, self-empowerment luminary Louise Hay and renowned grief and loss expert David Kessler have come together to start a conversation on healing after loss. Louise and David discuss the emotions and thoughts that occur when a

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relationship leaves
you brokenhearted, a
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disease, he says,
means becoming a
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legumes, soy
products, nonfat
dairy, and egg

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attack or other heart
problem, cardiac
rehabilitation is an
important part of
your recovery.

Cardiac rehabilitation
can help prevent
another, perhaps

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you build heart-
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With a perfect blend
of Louise's teachings
and affirmations on
personal growth and
transformation and
David's many years of
working with those in
grief, this
empowering book
will inspire an
extraordinary new
way of thinking,
bringing hope and
fresh insights into

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your life and even
your current and
future relationships.
You will not only
learn how to help
heal your grief, but
you will also discover
that, yes, you can
heal your heart.

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supplementation can
change the shape
and condition of
heart valves. B
vitamins can help
rebuild the heart.
CoQ10 can
reenergize every
single cell in the
heart and can literally
remold the size and
shape of the heart
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and loss expert David
Kessler, the protégé
of Elisabeth Kubler-
Ross, have come

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renowned grief and
loss expert David
Kessler, the protégé
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together to start a

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From Grief to Peace

When we think of
loss, the idea of fi
nding meaning or
anything benefi cial
from it seems
contradictory. But
wheth-er it ' s a
breakup, divorce, or
even death, there is
more to be found,

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depending on how
you hold the
thoughts around it.
Our intention is for
you to expand your
awareness and

From Grief to Peace
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In You Can Heal Your
Heart, self-
empowerment
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Heart Finding grief and loss expert David Kessler have come together to start a conversation on healing after loss. Louise and David discuss the emotions and thoughts that occur when a relationship leaves you brokenhearted, a marriage ends in divorce, or a loved

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