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Morning and Evening Meditations

Louise L. Hay

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Morning and Evening Meditations

Louise L. Hay

Morning and Evening Meditations Louise L. Hay
In this inspirational program, best-selling author and lecturer Louise L. Hay brings you affirmations for morning and evening that will help you start the day with hope, and end the day with joy and contentment.

Louise motivates you to begin your day with positive affirmations that can open up new possibilities for you. Then she helps you close the day with gratitude for all that has been experienced, preparing you for a deep and restful sleep.

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