



You Can Create An Exceptional Life

Louise L. Hay , Cheryl Richardson

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For countless people, the words of **Louise Hay** have served as a beacon, leading them out of the darkness of despair and into the light of a better life. **Cheryl Richardson** is one of the many individuals whom Louise has greatly influenced . . . before going on to become a best-selling author herself.

So what happens when these two combine their collective wisdom into one book?

The result is what you're now holding in your hands. As Louise and Cheryl engage in a series of empowering and intimate conversations, you'll feel as if you're simultaneously having lunch with your best friends and also attending a master class put on by two leaders of the self-empowerment movement.

As they travel throughout North America and Europe together, Louise and Cheryl discuss a wide range of topics, including the importance of loving ourselves and our bodies; aging consciously; bringing true prosperity and abundance to the world; manifesting positive relationships—both with family and friends and in the workplace; and facing death in a dignified and peaceful way.

These two amazing women are living proof that the spiritual principles they discuss in these pages really work. As you read, you'll discover that *you*, too, have the ability to create an exceptional life!

You Can Create An Exceptional Life Details

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Author : Louise L. Hay , Cheryl Richardson

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From Reader Review You Can Create An Exceptional Life for online ebook

Mticqah says

Great book

Great ways to incorporate simple affirmations and mirror work into ones daily life. I'll continue to return to this book.

Satia says

I begrudgingly gave it two stars because I liked the affirmations listed at the back of the book. Otherwise, this is just the same thing both of these women have been teaching repackaged and not very well written. For more:

<http://satiasreviews.blogspot.com/201...>

Note: My review approaches the book from two perspectives. If you disagree with either of my perspectives, feel free to write a review of your own. I won't leave comments saying that your review is wrong just because you love a book I don't and I trust you will have the same respect for my opinion, which may differ from yours, as I have for yours.

Sharon says

There are a great many people out there who look at what Louise Hay and Cheryl Richardson have published here and say "What a load of hooley."

I am not one of them.

Hay and Richardson look at a variety of everyday issues and provide useful information and suggested affirmations/meditations for those situations. As we learn more about how our thoughts create our feelings, and how mindful meditations improve our lives, it's helpful to have some direction -- and this little book provides just that.

The chapters are short, written in the form of conversations between Hay and Richardson with some narrative paragraphs in between. The meditations/affirmations contained in each chapter are collected at the end of the book and split out by category for easy reference.

Highly recommended for those who are doing life purpose, self-improvement or similar work.

Susanna says

This book was like a box of good quality milk chocolate - not the fancy boxes with so many chocolate flavours that towards the end you feel sickly after eating too many. This is an excellent read for those who are already familiar with Louise Hay's work. Cheryl Richardson's role is primarily interviewing/chatting to Louise. This worked very well for me because Cheryl is a very down-to-earth "gal" who had the same questions I had regarding some aspects of Louise's work.

After reading so many books packed with theories, rules, prescriptions to solve life's problems, this was a breath of fresh air because it's simple and wise.

So, why am I only giving it 3 stars? First of all, the book is too short and I am not sure the title is adequate for the book. I feel that people who don't know Louise's work will not benefit much from this book and perhaps calling it "Conversations with Louise Hay" would have been more suitable (I believe a title like that was initially considered).

It's definitely a precious little book for Louise Hay fans (and for those who are also Cheryl Richardson fans, it's a real treat)...I just feel that more could have been added.

Kushagra Singh says

Self work and growth is my drug and Louise Hay, the favorite drug dealer. If I were to pick out three individuals who've had a deep impact on my living and thinking, she'd figure amongst or after Shri Krishna and Sadhguru. Whenever I read or listen to her audio, I find myself being a better person to myself and in turn those around. I also believe if we can live by these ideas, the world will be a better place. The ideas that she plants in your head are life changing and so comforting. A while back a friend had said that after a while all the self help stuff gets rhetorical and repetitive, which is correct but like we need daily cleansing of our bodies and physical spaces, it's imperative we do the same for our minds because like Arjuna says in Shrimad Bhagwad Gita, "?????? ?? ??? ????? ??????? ??????????.." Mind is restless, turbulent, obstinate and strong and so it needs the extra bit of vigilance and attention. The book is a set of conversations with Louise and Cheryl wherein they discuss about life, self love, and even death. A 5 star book for me and so I definitely recommend.

Tim Larison says

"You Can Create An Exceptional Life" may well have been titled "Day By Day With Louise Hay". The new Hay House release features best selling author Cheryl Richardson relaying a series of conversations she had with self help pioneer Louise Hay. "I've been thinking about things that are relevant to my spiritual growth," Louise says in the introduction, "and I thought we could talk about that."

The book's conversational style makes it a very easy read. Cheryl's detailed descriptions made me feel like I was sitting at a table with these two remarkable women, taking in all the wisdom shared. Once I picked up the book I could not put it down, finishing the 161 pages in three days.

I was impressed with Louise's vulnerability in her descriptions of various challenges she had worked through in her life. Devastated by a divorce at age 42, a chance invitation to a lecture at a Religious Science church started her on the spiritual path. "There I was, sitting in this lecture, when I heard someone say, 'If you are willing to change your thinking, you can change your life.' While it sounded like a small, tiny statement, it was huge to me. It caught my attention," Louise says. Cheryl probes deeper. "Why do you think that caught your attention?" she asks. "I have no idea, because I was a person who never studied anything... But something about this subject spoke to me at that time, and I made a decision to go back," Louise replies.

Louise Hay was a person who never studied anything?? As she relates her life story, Louise comes across as a very ordinary person, like you and me, who proceeds to transform her life through positive thinking and affirmations. The message I took from the book: if she can do it, so can we.

Cheryl, too, adds her followup comments throughout the book which further enhances the lessons that Louise is conveying. “As Louise and I talk about the ways in which our thoughts influence our lives,” she writes, “I become even more aware of how significant and powerful this idea really is. So much of what we both believe, teach, and practice in our own lives is based on a concept that is still seen by many as far-fetched, New Age, or simplistic at best.” In this way the reader gets the full impact of both Louise’s and Cheryl’s outlook on life, and it is quite a powerful one – two punch.

“You Can Create An Exceptional Life” is more than a series of life lessons from Louise and Cheryl. To get maximum benefit I recommend trying the positive affirmations scattered throughout the book for yourself. I have read of the power of affirmations but never really put them into daily practice. I reviewed the “Collected Affirmations” summary at the back of the book and wrote down the ones that particularly resonated with me. Now I meditate on those affirmations each morning. It’s only been a few days but I can already feel a difference – I am slowly shifting to a more positive orientation.

“Today so many people want fast success. But when we’re on the spiritual path and responding to what Life presents us, I think the most powerful work we do happens gradually over time.” Louise says in one chapter. “It’s almost as though we don’t realize it’s happening. We look back and think, ‘Oh my, look at all that!’”

“You Can Create An Exceptional Life” can be a valuable aid to your own gradual spiritual transformation. It’s a book I have already started to reread – full of wisdom that just makes me stop in places and think “hmmm – I’m going to try that affirmation myself.”

This is another book review in my partnership with Hay House. I was not financially compensated for this post. I received the book from Hay House for review purposes. The opinions are completely my own based on my experience.

The Book says

I love Louise Hay's life philosophy, and this little book of conversations between her and Cheryl Richardson was enjoyable, comforting and offered lots of inspirational and practical positive thinking tips, affirmations, etc. I read it once, and then went back to the beginning and began re-reading it right away.

Re-read: still enjoyed this, although not as much as the first time round (probably because this was one of the first personal development books I read, so the content is not as fresh or revolutionary to me now as it was then). But it was actually great for re-affirming to me the importance of thoughts and mindset. Very valuable.

Clarice says

More like an interview than a book.

But I do want to share an insight I got when I read this book, that I found life changing. Every morning I kept telling myself that I HATED mornings, they were the worst part of my day. After getting off work at 6:30

AM I then spend the next 2 hours getting my kids off to school when all I want to do is go to sleep. My grouchiness was reaching epic proportions and there wasn't anything I could do about it. I wasn't happy that this is the grumpy mom that my kids got to wake up to in the morning. I was actually an unsafe driver when you combine fatigue along with rage. (every car in front of me was an impediment to me getting to where I needed to go so that I could then get back home and go to sleep) I knew I was better than this, but it felt out of my control, a physical thing that I had no power over.

Until I read this book, and realized the words that I kept telling myself (and to my children as I complained along the way) were what was causing my horrible mornings. My situation was tough, but reveling in the worst of it wasn't going to create a better situation for me. I changed those words to reflect that my morning was going perfect, all things run smoothly, I am awake and alert as I drive my children to school. I found ways to cherish the little things in the morning drive, like watching the sunrise and listening to good music. With this simple change in my mind, words, and thoughts, I can then hold off my fatigue long enough to get my kids to school AND THEN I can give my body the rest it deserves. Summer will be nice, but until then, I have a way to not ruin everyone's mornings, including my own. Thank goodness.

Deepa says

Its more like an extension to You can heal your life. By itself or my its content is kind of light, assumes u already familiar with what Louise has to say. Its very very feel good. I like both these women :) Ive always like Louise, Cheryl has such a good vibe about her. they say very simple practical things and I agree with what they say.

not recommended if u are not a fan of Louise. not recommended as a first book either, but if u just want to keep in touch with Louise and Cheryl this is the book :)

Sweet ladies, god bless them. (I love the chemistry between them, very warm relationship with each other)

Jo says

Well, frankly this was very disappointing. The collaboration seems to lift many chunks from Louise Hay's earlier work. The narration, by Cheryl Richardson is wooden and offers few new insights. The affirmations are the best thing, but again are not always new.

As a fan of Louise Hay since first getting my hands on her 'little blue book' as a teenager I am puzzled as to why the Hay House CEO wanted them to collaborate. In my opinion, it gives grounds to critics of the self-help industry. (And , no I won't elaborate as there is criticism which aims to improve (mine) and negativity that seeks to harm.)

There are many pearls of wisdom in Louise Hay's work; this, however, is dull and lustreless. Positive thinking and affirmations do work and are important concepts for our mental and physical health. Ask any doctor, teacher, coach, or psych.. While my review differs from the majority here, I accept others' rights to their opinions and trust they are capable of the same tolerance and democracy.

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Hessah Alhashash says

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Cori says

First - a disclaimer: I am not one to usually buy in to metaphysical self help mumbo jumbo crap. So, what led me to buy this book when I happened upon it in the book section of Shopper's Drug Mart? That much is easy. It was the exceptional life bit. Totally judging a book by it's cover. It is something I always say..that I am building an exceptional life (I even have a tag by that title on my blog labels). The title sucked me in and I didn't expect what followed - I actually listened to some of what the book said.

Written by Cheryl Richardson in collaboration with Louise Hay, this book is essentially revealing what Louise had learned in her 84 years so far. About drawing the positive energies toward you and pushing the negativity away so you can focus on what is truly important to you and give your energies to that instead. It's a difficult yet powerful way to live.

The book is a really quick an easy read. I read for about 5 mins every night before bed and finished it within a week. Saying that the book has two authors seems a bit misleading. Really - the book is written in the first person by Richardson and focuses on her meetings with Hay as the secrets to her success at life are revealed.

Now, while I am not usually big on the whole self help thing - much of this book did resonate with me. The discussion surrounding dealing with difficult relationships so you are not feeding all of your energy into something that will never be satisfied. I had several "A-HA!" moments reading through it.

I did find all of the talk about doing daily affirmations to be a bit hokey, though. I honestly could not imagine myself walking into my office and saying to myself "I bless my workplace with love I love my coworkers and we enjoy working together so much that it makes it a joy to come to the office each day." Blech. But, amazingly, I did like the bits about talking more lovingly to yourself and found myself using much gentler words with myself instead of the harsh ones that I usually do. That can only be a good thing.

So, as with any self help thing - you always need to take the bits that work for you and apply them to your own life. But my husband will never find me in front of a mirror extolling my virtues to myself. NEVER!

Do I recommend it? Well - I am going to remain neutral on that one. Self help (especially the metaphysical kind) is such a personal thing and it is usually an area of the bookstore I avoid because I have seen it do more harm than good to too many people. This book, though, is less of a "this book will fix you" than it is a "here is another tool for your toolbox" kind of book. (If that makes sense). I'm not sure there is anything in there that will make my life more exceptional than it already is, but if it helps me be a little less critical of myself then it was worth the time and money I invested in buying and reading it.

Gabie says

I'm not an avid reader but I couldn't put this book down and read it in one day. It was like Eat, Pray, Love gone Louise Hay style! Loved the interview style in the book. I felt as though I were having coffee with Louise and Cheryl! I've totally changed how I talk to myself!

Histteach24 says

The thoughts are true -I say affirmations to myself all the time and feel better. Exercising and eating better always helps. I felt like I was being told obvious stuff that I already know. Can't believe someone made money off of writing a little book about the obvious. The book was a little hokie for me. Best for someone unfortunately who is suffering from a terminal illness or going through a loss and needs positive thoughts to heal. Just not my type of book but may be for someone else.
