

# THE KEYS TO HAPPINESS



## An inspiring 6-week course based on the teachings of Louise L Hay

Adrienne Barlow Small invites you to join her for this 6-week course where you will explore the teachings of Louise L Hay, best selling author of "You Can Heal Your Life" which has sold over 50 million copies worldwide. Now 86 years old, Louise is a role model for how to use our thoughts to create the life we desire. Her simple yet powerful techniques transform lives.

**Course commences:** Monday 28 January 2013  
**Time:** 7.30pm till 9.00pm  
**Venue:** 1 Dillon Street, Clonmel  
**Cost:** €90

This will be a small intimate group, which allows everyone to move at their own pace. I welcome you and look forward to helping you re-discover your happiness and joy!

**To book call Adrienne on 087 979 4258 or  
e-mail: [adrienne@sequoiacoaching.com](mailto:adrienne@sequoiacoaching.com)**

This course includes; -

- Watching Louise's movie "You can Heal You Life" to hear her speak about her life story and how using the skills covered in this course, she overcame many challenges
- Learning how to create and use affirmations to change your thoughts
- Uncovering and clearing out the old negative messages that no longer serve you
- Exploring ways to love yourself
- Gratitude & Deservability
- The Power of Forgiveness

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