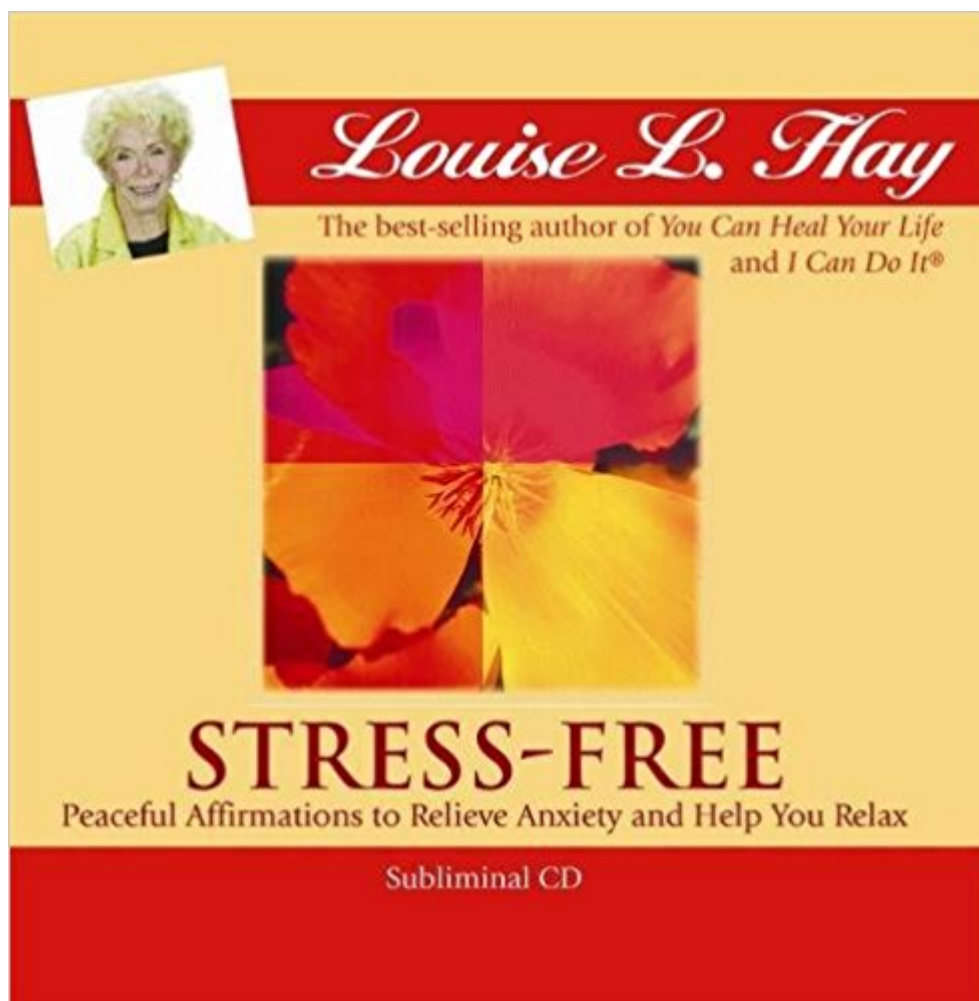




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Stress-Free: Peaceful Affirmations To Relieve Anxiety And Help You Relax



Synopsis

This CD contains a series of positive affirmations created and narrated by Louise L. Hay.

Affirmations are like seeds. It takes time for them to germinate, take root, and grow. Life-changing and soul-satisfying benefits are possible by using this tape with determination and consistency. We recommend that you listen to this tape twice a day for at least 30 days. You can easily do this while you relax, work, do your chores, or sleep.

Book Information

Audio CD

Publisher: Hay House; Unabridged edition edition (August 1, 2004)

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Shipping Weight: 3.2 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 63 customer reviews

Best Sellers Rank: #43,783 in Books (See Top 100 in Books) #17 in [Books > Books on CD > General](#) #19 in [Books > Books on CD > Health, Mind & Body > Self Help](#) #20 in [Books > Books on CD > Religion & Spirituality > General](#)

Customer Reviews

Louise L. Hay is a metaphysical lecturer and teacher and the bestselling author of numerous books, including *You Can Heal Your Life* trade [ISBN-10: 0-937611-01-8](#), which has sold 30 million worldwide; *You Can Heal Your Life* Gift edition [ISBN-10: 1-56170-628-0](#); and *Empowering Women* [ISBN-10: 1-56170-609-4](#). Her works have been translated into 25 different languages in 33 countries throughout the world. Since beginning her career as a Science of Mind minister in 1981, Louise has assisted thousands of people in discovering and using the full potential of their own creative powers for personal growth and self-healing. Louise is the founder and chairman of Hay House, Inc., a publishing company that disseminates books, audios, and videos that contribute to the healing of the planet.

She has been around forever and I discovered her five years ago after I had cancer. A therapist recommended I get some of her books and cds to help me through everything. They are a breath of fresh air. The way she puts things really helps you deal with things and see them from a much more

positive viewpoint. I currently have about four of her books and 4 cds in my car. I have also given it out as gifts to friends getting divorced or going through a rough time in life. She will change your life and speak to your soul.

This CD has 2 parts- 1st, audible affirmations spoken by Louise. 2nd, subliminal affirmations with relaxing music that is audible. Affirmations work only if you WORK them. Louise's premise is our thoughts create our life. If we want to change our lives, we must intentionally change our thoughts. Stress, she says, and I agree 100%, is a result of fear. Affirmations on this CD include-I am safe when I express my feelings.-I have a great relationship with my boss.-I flow easily and effortlessly with life.-I am comfortable with my finances-I can be serene in any situation Louise says we must consciously make this work, we use affirmations all the time, we must choose to use positive affirmations, they are what change our lives in the direction we want them to go. I have experienced huge changes including confidence and peace. Awareness is critical. I pay attention to how I feel and when I notice negative affirmations coming up I tell myself "I am totally adequate for all situations" or "I can be serene in any situation" over and over and over... As I said, this works if YOU work it! I never would've believed if I didn't experience it for myself. Highly recommend, it will change your life if you let it!

It's the cd I put on low and hit repeat and fall asleep, too. It's not a sleeping meditation but it's what I use it for. It's Louise Hay, you can't go wrong with her.

My husband has PTSD and this works

This was a gift and the person I gave it to is thrilled with it. He has anxiety disorder and it helps him clear his mind of the negatives and open to the more positive.

I just read Louise Hay's book: "You Can Heal Your Life" and was so inspired that I bought this stress free CD. I listened to it with my fiancée everynight and it really works! Everyone is different so you have to have patience and time to listen to it. Yes it is simple and she says things like "I have a kind and compassionate boss." But it's supposed to go into your subconscious and re-wire your brain to think a certain way. No matter what verbal abuse you have endured Louise Hay can help you un-do the words in your brain! Very powerful and highly recommended! Give it a chance - it's not a "heal all" though!

Louise Hay is the best. I have a number of her CD's and find them all helpful. I would encourage anyone who has been drawn to this CD to follow their inner guidance and get it.

I suffer from stress, which has other crippling effects. And Louise Hay and this CD really helps to understand stress, which is fear. It is a good way to gain clarity, and more understanding if you are in a high stress environment, and need to get back in balance.

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