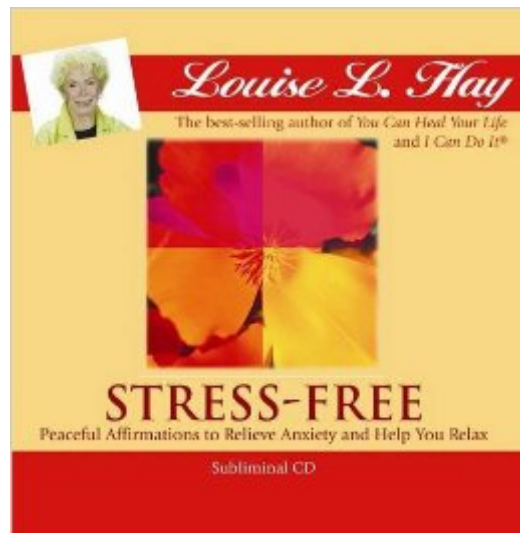


The book was found

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 (August 1, 2004)

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Product Dimensions: 5.6 x 0.4 x 4.9 inches

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

Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (52 customer reviews)

Best Sellers Rank: #140,395 in Books (See Top 100 in Books) #181 in [Books > Books on CD > Health, Mind & Body > Self Help](#) #184 in [Books > Books on CD > Health, Mind & Body > Personal Growth](#) #201 in [Books > Books on CD > Religion & Spirituality > General](#)

Customer Reviews

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 chose to to use positive affirmations, they are what change our lives in the direction we want them to go.I have experrienced 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 experrience it for myself.Highly reccomend, it will change your life if you let it!

My review will be somewhat biased because Louise Hay is one of my heroes. Get this tape, but also get her book, *You Can Heal Your Life* (which also includes *Heal Your Body*, giving mental causes for all types of physical illness). I listen to this tape anytime I am out of balance, have a migraine, or am just plain tired and weary. The music is calming and far better than that of most motivational/self-help/subliminal tracks. I wish Hay House would release more of Louise's work on cd; the last time I checked only the *Self-Esteem Subliminal* and *Atmospheres & Affirmations* were available on cd (has both). P.S. there is no need for a written script: on side A Louise gives the affirmations, and side B is subliminal and one hears only the soothing music. ALL IS WELL IN MY WORLD.

This is an excellent cassette for relaxation and self affirmation. A real anxiety buster!!! The background music is sweet and mellow and the words of Louise Hay are very encouraging. On one side you hear her gentle yet strong voice giving positive feedback. On the other side is the music with just subliminal messages. I highly recommend this tape for anyone who needs to find personal peace and a place of quiet refreshment.

I bought this CD after already owning the *Self Esteem Affirmations CD* by Louise Hay. I wanted to add another positive aspect to my day and feel this was a great choice. It helps me wind down between work and going home for the day. I am a school teacher and it is sometimes hard to leave work at work, and this CD helps me do that. [...]

I haven't found a Louise Hay CD that I haven't liked. I especially like the subliminal component to this CD. It is nice to listen to the ocean and calming sounds - which alone help to relieve stress. Her tapes always work well for me and the clients I recommend them to. I would recommend listening to a CD consistently for 30 days then only as needed. It is amazing how you no longer struggle with the same Stresses after you listen to the CD for a while. I listened to it when I was driving from work. Now I have it on (subliminal side)in my office when clients come in. It creates a stress free office. She tells us that Stress is just a form of fear and if we fear something - we just attract it into our lives. This reason alone should make you want to de-stress. We really can't afford to focus on our fears...we need to spend our time focussing our what we want to create in our lives.

This is a great tape. It is easy to listen to - Louise has a very calm and clear voice. It does what it

says - on one side of the tape Louise repeats simple but positive affirmations over the top of soothing music, and on the other side there is just music mixed with sounds of nature, but there are subliminal messages which target your subconscious. I always fall asleep listening to the second side!!!!

This subliminal tape is a great help to me in coping better with stress. I'm a firm believer in subliminals because of their powerful influence on the subconscious mind. I also love the music on this tape. In fact, my boyfriend and I slow dance to one of the songs on Side 2! I would like to compliment the composer of the music as well as the author of the tape. I recommend this tape to anyone who needs help coping with stress.

This is the first tape/CD I've purchased of Louise Hay's and I really enjoy it. The first part of the CD is Louise giving a little overview and then speaking the affirmations to soothing sounds/music. She has a very soothing voice and is pleasant to listen to. On the second part of the CD (my favorite) all you hear is music as the affirmations are subliminal. I have no way of knowing if there really are subliminal messages on the 2nd part, but it's so enjoyable to listen to, I don't even care! The music is so soothing and very easy to listen to. It helps me relax and calm down after a stressful day. Louise recommends you listen to it every day for at least a month. I didn't think I would be able to accomplish that, but I can't wait to play it every night and really look forward to listening to it. I was so stressed that my doctor wanted me to take anti-depressants, which I hated taking. I now listen to this tape every night instead of taking medication and feel much less stress and anxiety. I would highly recommend this to anyone who has anxiety and feels stressed.

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