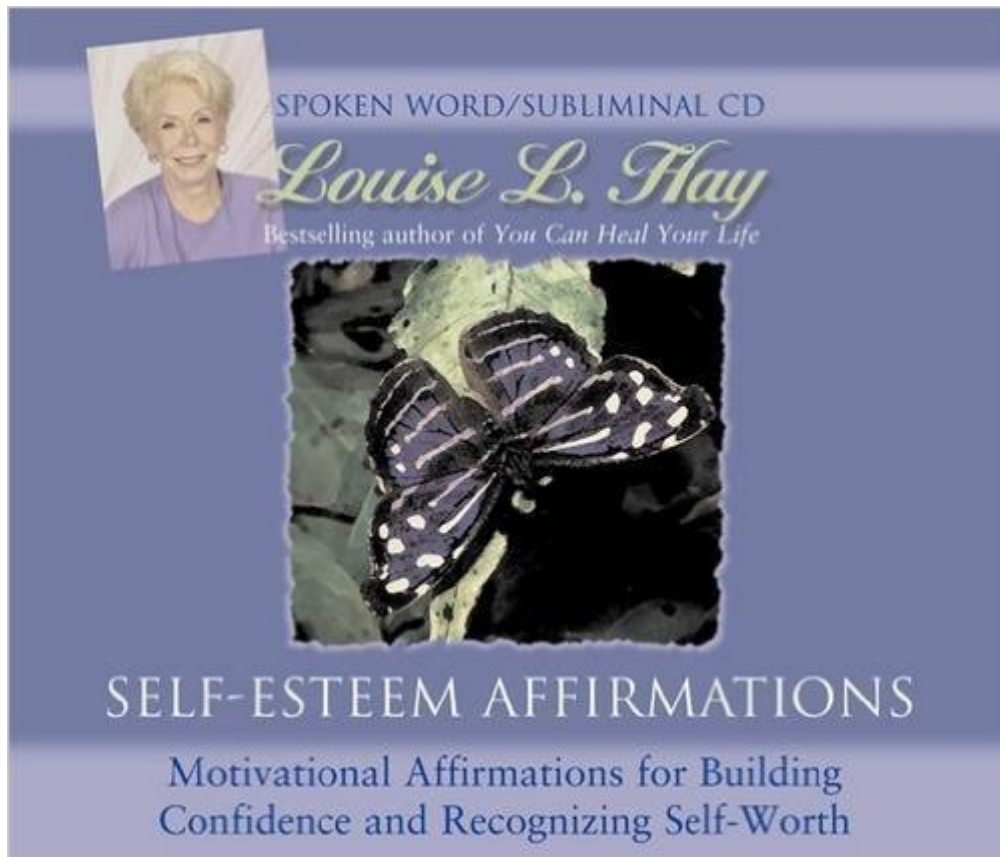


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# Self-Esteem Affirmations



## Synopsis

Contains a series of positive affirmations that can help you experience the joy, fulfillment, love, and wonder that are present in you right now.

## Book Information

Audio CD: 1 pages

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

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (108 customer reviews)

Best Sellers Rank: #160,552 in Books (See Top 100 in Books) #213 in [Books > Books on CD > Health, Mind & Body > Self Help](#) #215 in [Books > Books on CD > Health, Mind & Body > Personal Growth](#) #255 in [Books > Books on CD > General](#)

## Customer Reviews

This subliminal affirmation tape is an excellent method for promoting self-esteem and confidence. One side of the tape is the sound of soft music accompanied by a calm woman's voice stating positive affirmations, such as "I feel good about my life & It is easy for me to stand up for myself". On the other side of the tape, there are hidden subliminal affirmations and soft music plays to promote relaxation. Just play it while your sleeping, when you wake up in the morning, you will notice a more positive mental outlook.

The cassette version has Louise Hay explaining about self-esteem and subliminal technology on the A-side, followed by the music and audible affirmations. On the B-side, all you can hear is the music. Yes, the phrases do sound a bit childish, but that is exactly what the subconscious mind responds to - simple positive statements delivered in a warm and friendly voice. Since self-esteem or the lack thereof lies at the root of many psychological problems, this is a great place to start in a programme of self-improvement. Hay is an expert in the field and is blessed with a very comforting voice. Listening to this cassette does work if you are consistent about it. What is even more effective, is when you memorise some of the affirmations and repeat them to yourself, silently in your mind, throughout the day. No cutting-edge brain entrainment methods (such as metronomes) are used

here, but her reassuring voice makes up for that. Give it a try!

This is the first Louise Hay product I ever purchased and I am very satisfied with it. I listen to the spoken affirmations track while I work out and it really helps me love my body and want to stay healthy. I found some of the statements to be a little "sappy," but it really makes me feel good, so I keep on using it. [...]

When I first listened to Hay's affirmations (tape A as spoken words and tape B as subliminal with soothing music) in this recording, I said to myself 'Oh, my God... I don't want anyone to know I owe it...I am NOT THAT SAD', as I found them awfully embarrassing (3 years ago). But then, recently I had experienced a really depressing phase of my life, a sort of middle-age crisis, feeling my confidence was totally destroyed. So I have played it while I was working (for only half a day for 2 days). Miraculously enough, not only didn't I find it embarrassing, but also I felt so poised and calmed that the panic crisis seems to be almost over now!! I am glad that I didn't have to rely on Valium. Her guidance at the very beginning clearly said that the purpose is for ONE'S SUBCONSCIOUS MIND TO ABSORB THE MESSAGES which conscious mind would reject, which one should bear in mind. No wonder that such affirmations like "I am lovable because I exist" or "I am good enough just as I am" or "I love myself more and more every day" sound too awkward to listen to when you are 'SOBER'. I doubt it's that useful if you CONSCIOUSLY try to remember the phrases as some of the reviewers suggest. However, I cannot deny this tape actually rescued me at subconscious level. Perhaps it may be the affirmations' power, or may be just the relaxing Hay's voice and the music that really helped me, who knows. I confess that I ordered the CD version last week and I am looking forward to receiving it.

I bought this recording and at first (like many reviewers have noted) I was kind of put off by the simplicity of the child-like affirmations of the first part of the recording and the music on the second part of the recording could have been SO much better and at some level, it takes away from the goodness of this recording. I have been pleasantly surprised how much this recording has helped me through a lot of the misery, trauma, self doubt and other problems I have been facing the past two months due to a recent personal crisis. Hearing positive statements in Louise Hay's soothing, calming voice is absolutely wonderful and encourages you to feel good about loving and caring for yourself and your body. Despite the music I often listen to this with headphones at work or I listen to it as I fall asleep. I don't know if the audible affirmations help or the the subliminal

affirmations are what's helping me - either way I have experienced a better quality of life since regularly listening to this recording. The benefits are not instantaneous but they do happen - it just takes a little bit of patience! If you're going through tough times, if you're depressed, or if you're experiencing medical issues, I highly advise you purchase this CD - It does help a great deal and is a great alternative to an anti-depressant. If you truly absorb the messages of this recording, the lessons and guidance will carry with you throughout life.

I put this CD on at night before I go to bed and let it play softly as I am falling asleep. I find that over the course of a few nights, it really does create a shift in my perspective and self-acceptance. I can't say that I understand exactly how the subliminal part of the recording works, but the music is relaxing and I find that the spoken affirmations pop into my head during the following day at just the right times. My only suggestion is that they should re-record the introduction, which still refers to the recording as if it were a cassette tape with a side A and side B. This is only a minor detraction and does not change the effectiveness of the tool.

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