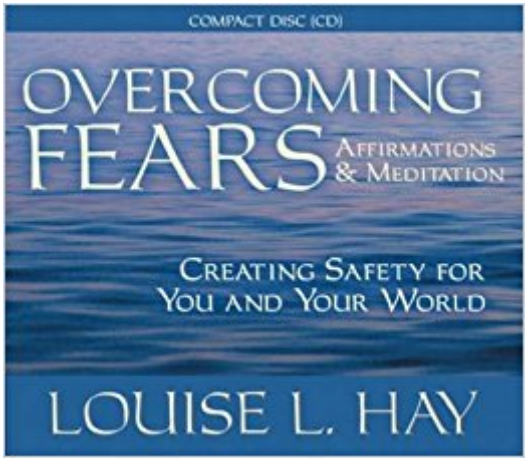
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Overcoming Fears



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Synopsis

On this CD best-selling author and lecturer, Louise L. Hay, helps you overcome fears through the positive strength of mediation and affirmations. By listening, you can change your negative thought patterns into healthy, positive ones. Ã Â LouiseÃ¢â ¬â„¢s meditation visualizes a world where itÃ¢â ¬â„¢s safe to grow and love each other without fear. She stresses the importance of loving your inner child, and her vision of the world as a secure, loving place will help give you the confidence and power to make your own contribution to a productive and caring society. Ã Â Repeat the affirmations on this CD as often as possible. They will help you change long-standing negative thoughts into ones of self-love, self-worth, and self-esteem.Ã Â YouÃ¢â ¬â„¢ll begin to appreciate who you are as you release past programming. Soon youÃ¢â ¬â„¢ll have an abundance of health, energy, and well-being developing with-in you.

Book Information

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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 Ã¢â ¬â • 0-937611-01-8, which has sold 30 million worldwide; You Can Heal Your Life Gift editionÃ¢â ¬â •1-56170-628-0; and Empowering WomenÃ¢â ¬â •1-56170-609-4. Her works have been translated into 26 different languages in 35 countries throughout the world. For more than 25 years, Louise has assisted millions 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.

A gentle duo of guided meditations warmly guides you to dispel long-held fears and insecurities. Hay, a bestselling author and leading figure in self-help and alternative healing, hones in on people's deeply held fears and anxieties. Her years of speaking, melded with her compassionate teaching style, help her deliver the calm that harried moderns seek. Like most of Hay's recordings, they bear up well under repeated listening--in fact, they're designed for this use as listeners reprogram their subconscious minds in happier, more positive, and peaceful states by replaying the meditations. The narration is laid-back, easing listeners into a more fearless zone. D.J.B. Ã Â© AudioFile 2005, Portland, Maine-- Copyright Ã Â© AudioFile, Portland, Maine

Having first picked up a Louise Hay book almost 20 years ago, I've been aware of her teachings since then, but have not kept very current on her releases. Lately, I developed a crippling case of fear, self-doubt, lack of confidence and just general anxiety that has impacted my body with piercing neck/back pain & much emotional stress/depression. So I found Louise Hay again and I couldn't be more grateful. The first track of the CD is almost like a therapy session, which for me seemed to lead you to think deeply about the roots of what you are going through. I love the second track, which is mainly affirmations repeated to you in her loving, deep & compassionate voice that range from your body image, family, work, food, animals, even death. The first time I listened to it I immediately felt my neck and back pain start to dissipate as I worked some things through and was reminded of better ways to think/feel. There is very soothing 'new agey' type music in the background which I think enhances things. As a reviewer said below, it can seem rather simplistic at first (maybe even cheesy to the critical or intellectual thinker...which I can relate to) but coming from myself, a heavy metal musician (I know it's strange), keeping your mind/heart open & not 'over thinking' is the key to these messages and, actually, to a lot of creativity. And unlike releases like the currently popular 'The Secret', Louise's messages have never just focused on the more Western, material, self-involved ways of thinking and using your thoughts to create your own selfish reality. She encompasses & encourages the world, all races, all beliefs, all people, all species to help one another and in fact this is one of the affirmations on the CD for us to think about and to visualize.

This is such a great gift for people going through crisis. While Louise's books are an easy read, the CD's are great for those who need the healing messages repeated over and over again. It is in this fashion, one of repetition for the mind, that what seems frightening to the spirit can be dispeled

Fear, after all, is the absence of love and can be displaced with positive affirmations and recognizing that love is more of what the world needs. This is a great gift for someone facing crisis or living alone. It can bring comfort in the wee hours of the morning, day or night when things may appear grim.

I believe that i needed this help at this time and found what i needed, thanks

Louise hay is the best and this is her best tape at great price. Helped me tremendously.

I listen to this CD at least once a week, especially when old issues come up. It's always astounding to me how the media and even friends and family can perpetuate the Fear Factor, but like Louise would probably say, When an issue arises, it's there to be released. Thought is power and we can create a safe place in the world by changing our thoughts (which then change our actions). We can create our world. We are safe, secure and protected by love at all times. Blessed be!

Was not in like of this at all, wish I knew how to return it or get credit and get some from the above CD speakers.. This just was not for me nor what I was expecting :(:(

My first time with Louise Hay's stuff. Don't think it worked for me. And I couldn't relate to the affirmations, missed the mark for me. Her voice is confident sounding though.

Who doesn't have fears even in secret. Fears that distort our reality into thinking it is not possible or the worst will happen. Think positive thoughts and make them a part of your day everyday.

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