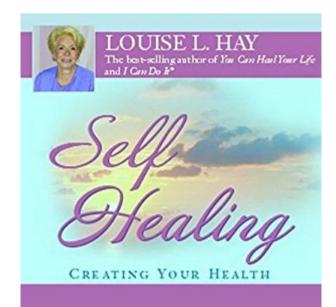


## The book was found

# Self-Healing: Creating Your Health





### Synopsis

This audio program contains a series of positive affirmations created and narrated by Louise. Life-changing and soul-satisfying benefits are possible by using this program with determination and consistency.

#### **Book Information**

Audible Audio Edition Listening Length: 1 hourĂ Â andĂ Â 11 minutes Program Type: Audiobook Version: Original recording Publisher: Hay House Audible.com Release Date: May 10, 2006 Language: English ASIN: B000FNX25C Best Sellers Rank: #13 inĂ Â Books > Self-Help > Hypnosis #376 inĂ Â Books > Health, Fitness & Dieting > Alternative Medicine > Meditation #753 inĂ Â Books > Audible Audiobooks > Health, Mind & Body > Self-Help

#### **Customer Reviews**

I love all of Louise Hay's books and tapes, and this one is no exception. On Side One she explains her views on how harboring negative thoughts about ourselves can create illness in our bodies. Even if you agree with the previous reviewer that we don't create our own illnesses, I think we can all agree that negative thinking can lead to stress, which weakens our immune systems and makes us susceptible to diseases and cancer. I have Hepatitis C and Chronic Fatigue Syndrome and I find this tape to be very helpful. It's important for me to keep a positive attitude, and that's what Louise Hay is all about, positive messages! She's wonderful, and her voice is so reassuring, soothing, and relaxing. On Side Two of this tape she leads you through a guided Healing Meditation that is so useful to me. It's helping me to change my thought patterns so that I can think loving, healing thoughts about myself and my body. :-)

On this helpful cassette type, Louise Hay provides a powerful psychological tool for healing oneself. Side One is her explanation of the power of memory and emotion in the healing process; she talks about her own life, how she was abused as a child and how she overcame this trauma through the application of understanding and forgiveness. It also discusses the principles of personal transformation. Side Two contains a beautiful healing meditation that includes sections on how to forgive oneself and others, how to let go of negative thoughts and how to become the optimistic, joyful and created person that we were all meant to be. Hay has a powerful reassuring voice and her words exude confidence, insight and optimism. I highly recommend this tape to all who need psychological support in physical or mental healing. In my experience it has been most effective. Also listen to her tape Meditations For Personal Healing, a series of meditations that covers all the important aspects of life and Self-Esteem: Motivational Affirmations For Building Confidence and Recognizing Self-Worth.

First of all, she spends too much time talking about herself and her beliefs before she gets to the hypnosis. You have to fast-forward, screen, etc... Secondly, as someone with a chronic illness, her views that all illnesses are self-created and can be self-cured are EXTREMELY INSULTING! The "Love Tapes" (just a name) are SO MUCH BETTER, and no, I don't get a commission for that.

#### Download to continue reading...

Healing: Reclaim Your Health: Self Healing Techniques: Fasting, Meditation, Prayer, Healing Medicine, and Energy Work (Channeling, Shamanism, Chakra Healing, ... Qigong Healing, Ayahuasca Book 1) Crystals and Gemstones: Healing The Body Naturally (Chakra Healing, Crystal Healing, Self Healing, Reiki Healing) Self Love: F\*cking Love Your Self Raise Your Self Raise Your Self-Confidence (Self Compassion,Love Yourself,Affirmations Book 3) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Confidence: How to Build Powerful Self Confidence, Boost Your Self Esteem and Unleash Your Hidden Alpha (Confidence, Self Confidence, Self Esteem, Charisma, ... Skills, Motivation, Self Belief Book 8) Healing Words: 55 Powerful Daily Confessions & Declarations to Activate Your Healing & Walk in Divine Health: Strong Decrees That Invoke Healing for You & Your Loved Ones Self-Healing: Creating Your Health Crystal Healing: Simple Guide To Understanding The Benefits Of Crystals (Healing Stones, Energy Healing, Crystal Healing Book 2) Reiki: The Healing Energy of Reiki - Beginner¢â ¬â,,¢s Guide for Reiki Energy and Spiritual Healing: Reiki: Easy and Simple Energy Healing Techniques Using the ... Energy Healing for Beginners Book 1) Crystal Healing: The Ultimate Reference Guide To Understanding The Benefits of Crystals (Healing Stones, Energy Healing, Crystal Healing, Chakras Book 1) Crystal Healing: The Ultimate Reference Guide To Understanding The Benefits of Crystals (Healing Stones, Energy Healing, Crystal Healing, Chakras) Crystals: The Ultimate Guide To: Energy Fields, Auras, Chakras and Emotional Healing (Aura, Healing Stones, Crystal Energy,

Crystal Healing, Energy Fields, Emotional Healing, Gemstone) HEALING AFFIRMATIONS & HARP: Soothing and Scientifically Sound Positive Affirmations for Self-Healing (AWARD-WINNING CD/Booklet) (Relax Into Healing Series) Health Communication: From Theory to Practice (J-B Public Health/Health Services Text) - Key words: health communication, public health, health behavior, behavior change communications NAVY SEAL: Self Discipline: How to Become the Toughest Warrior: Self Confidence, Self Awareness, Self Control, Mental Toughness (Navy Seals Mental Toughness) Healing Prayers: 30 Powerful Prophetic Prayers & Declarations For Divine Healing: A Special Prayer Plan for Instant Total Healing & Divine Health How to DECLUTTER Your Mind: How to Regain your Self Esteem & Self Confidence: How to Stop Worrying and Relieve Anxiety: Deliver Me From Negative Self Talk Self-Therapy: A Step-By-Step Guide to Creating Wholeness and Healing Your Inner Child Using IFS, A New, Cutting-Edge Psychotherapy, 2nd Edition Self-Therapy: A Step-By-Step Guide to Creating Wholeness and Healing Your Inner Child Using IFS, A New, Cutting-Edge Psychotherapy Crystal Healing: Charge Up Your Mind, Body And Soul - Beginner's Journey (Crystal Healing For Beginners, Chakras, Meditating With Crystals, Healing Stones, Crystal Magic, Power of Crystals Book 1)

Contact Us

DMCA

Privacy

FAQ & Help