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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 hour 11 minutes

Program Type: Audiobook

Version: Original recording

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Language: English

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Best Sellers Rank: #13 in Books > Self-Help > Hypnosis #376 in Books > Health, Fitness & Dieting > Alternative Medicine > Meditation #753 in 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.

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