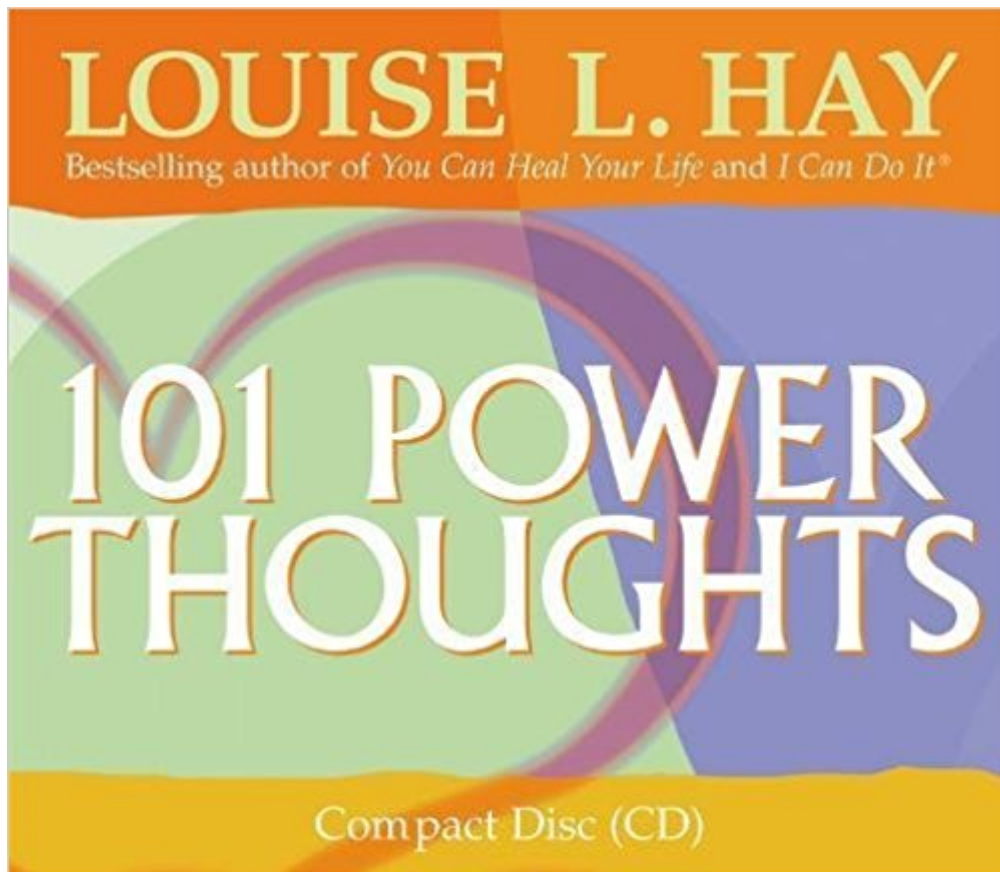




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# 101 Power Thoughts



## Synopsis

Now enjoy 101 Power Thoughts on CD! Louise Hay reads her power thoughts to you in her own warm, nurturing voice. Listen to one power thought each day or a few at a time. However you decide to play this cd, you'll find that you may begin to think more positively and create exciting changes in your life!

## Book Information

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Best Sellers Rank: #46,961 in Books (See Top 100 in Books) #8 in Books > Books on CD > Health, Mind & Body > Meditation #10 in Books > Books on CD > Health, Mind & Body > Relaxation & Meditation #20 in Books > Books on CD > General

## 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 edition 0-937611-01-8, which has sold 30 million worldwide; *You Can Heal Your Life* Gift edition 1-56170-628-0; and *Empowering Women* 1-56170-609-4. Her works have been translated into 25 different languages in 33 countries throughout the world. Since beginning her career as a Science of Mind minister in 1981, Louise has assisted thousands 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. Louise lives in San Diego, California, where she spends her time loving life, gardening, and writing.

Continuing her long career as teacher, author, and audio publisher, Louise Hay offers a collection of affirmations that cover a lot of issues. Relationships, living circumstances, finances, career, emotional balance, health, driving, eating, relationships with animals, music--every wish one could have for a positive life is expressed here with great compassion. Hay sounds even more alive and

young than in some of her previous audios, and the ideas behind these affirmations are very current. It's difficult to think of anyone doing this type of audio who sounds more loving and helpful. And the music (always a challenge with affirmation audios) contributes nicely to making this a useful and economically priced resource. T.W. Â© AudioFile 2004, Portland, Maine-- Copyright Â© AudioFile, Portland, Maine

I just think her affirmations are the best! I don't know what it is that makes her so different but the way she says an affirmation just resonates with me. When I first started to meditate with Depak Chopra I was getting what he was saying but not really Not until I heard Louise Hay's affirmation and the way she says them I couldn't formulate my thoughts. I just couldn't put it together and Depak wasn't giving me enough inner dialog. He would give a centering thought for the day but I needed to counter my negative thoughts with more positive thoughts but I didn't have enough dialog to be able to do that. So for me I needed Louise Hays affirmations to be able to really grasp what Depak was suggesting I needed to do to be able to connect with my higher spirit. Louise Hay's affirmations really helped me connect the dots....."There is a rhythm and a flow to life and I am a part of it...Life supports me and only brings to me good and positive experiences.I trust the process of life to bring me my highest good"Until I read or heard Louise Hay say these words I wasn't getting it.... Now I get it. Now I get what all the positive speakers are talking about... now i get the secret! Doesn't mean I've mastered it but at least now I get it.She is the best!

I love Louise Hay, have read two of her books and I have been using her CDs for well over 15 years. While this CD is as valuable as any of her other works, I would have loved it if Louise had paused for 2 or 3 seconds between each thought. Maybe it was the editor's decision, not that of Louise's herself, but I find the lack of pause really annoying. Another thing that I noticed is that she speaks fast, way faster than in any of her other CDs. Even though this is not a meditation CD, it would have been nice to be able to relax while listening to it. But since high speed is contrary to relaxation, there is no way to do so.

I have read two of Louise's books and listened to two of her other CDs. I have been listening to this about once per day, sometimes twice, since I bought it about a month ago. It is literally changing my life!Before this CD, I was practicing Louise's affirmations and also practicing the advice in the book, The Secret, which goes hand in hand with Louise's teachings.Something about listening to her voice and these words every day has been so powerful for me. It has truly made me feel more

positively throughout my days, even if things have been difficult at times. I have been attracting good things and have had the courage to take steps I was afraid to take before--such as apply to graduate school!! I am less overwhelmed and able to make decisions better. I am calmer with my children and feel like my head is clear and like I am able to truly forgive those who have hurt me. I plan to give this CD as gifts to my loved ones. I highly recommend this CD.

Too many, many are too long and too quickly spoken. Also didn't care for the music. I totally agree with what she's saying but the total presentation just doesn't work for me. I prefer Belleruth Naparstek.

All of her books and cds are life changing and phenomenal. After a health diagnoses that left me more than a little distraught I found her books and they helped me through. The cds are great to listen to in traffic also. She is amazing

Love Ms. Louise Her prior cd, "affirmation" was so awesome but when the "subliminal" part came up (without her voice) the music just made it impossible for me to listen to it was just awful music. I gave a purchase of another like this one...another go...coz...I love her, and her voice..her message..etc..(though I don't want to believe I was a man in one life, gay, in another..no offense..it's not the sex here..just the idea of many lives whatever) but it was what, one idea of what 101...so whatever...Her voice is lovely...the music is BETTER, not great...but much much BETTER. The previous cd became just something I don't listen to because when that loud "sax" cheesy sound comes up blarring in my ear..I just get annoyed. With that, this was in my opinion is much much better. Much. It's a shame too because the other in regard to Ms. Hay alone...was just awesome!!! some may be able to deal with the music. I wished I was as 1/8 as enlightened as Ms. Hay. I wished I could think like Ms. Hay..but heck, I'm trying. she is awesome..just so positive..

I carefully read all the other buyers reviews of this product before purchasing and I got exactly what I wanted. This CD contains useful and relevant affirmations of a general nature that increase my positivity, assist in the removal of negative emotions and provide useful tools for bringing positivity to situational settings. Louise's affirmation for use as she walks in public is one that I used just recently while attending a large seminar amongst many people that I had never met before. It focused my mind on feeling good about myself and feeling acceptance from others. These types of mental calisthenics help us to project confidence and be receptive to the best in every situation. I

highly recommend this CD.

I like it for my friend Jason, My friend Shelly, My mom, and a client of mine. I bought it for myself along time ago and I guess I found that I loved myself enough where I don't need Louise Hay's work to much. I do like some of her stuff though. This cd is filled with 101 Power Thoughts positive thoughts and lots of them focus on yourself. This cd is great for people with low-self-esteem especially and many people in my life need to hear her stuff. I think this cd and the book are the best Louise Hay things that people with low self-esteem can listen to or read. Another great cd is Louise's cd Forgiving and Loving the Inner Child that one is my favorite. So if you like Louise Hay or feel the need to do something to love yourself more, and prefer listening to things rather than read listen to Louise Hay's 101 Power Thoughts cd.

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