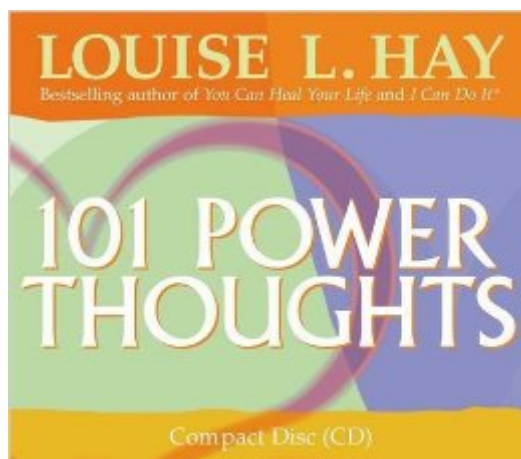


The book was found

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

Audio CD: 1 pages

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Product Dimensions: 6.2 x 0.4 x 6.1 inches

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

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (112 customer reviews)

Best Sellers Rank: #200,842 in Books (See Top 100 in Books) #78 in [Books > Books on CD > Health, Mind & Body > Relaxation & Meditation](#) #86 in [Books > Books on CD > Health, Mind & Body > Meditation](#) #263 in [Books > Books on CD > Health, Mind & Body > Personal Growth](#)

Customer Reviews

I purchased this on a whim in a double-pack with Dr. Wayne Dyer's tape. Well, needless to say...I listened to Ms. Hay's tape so much that it popped in my player! Her tape is AWESOME, POWERFUL, LIFE CHANING, LIFE MOVING, LIFE MOTIVATING. Sure, the tape is dated, but positivity is timeless. I didn't know the date of publication when I purchased it, but I loved the title and wanted to hear the tape. It's worth every penny. Try playing this as background music. She is soft, gentle, soothing, and actually, very nice to listen to -- over and over. It is a great way to the start the morning. While I dressed and got ready for my day, I played this tape! Wow! I started every day with this tape and THEN found myself popping it in during the day to listen even more while working at my computer. As a writer, I found them great as background noise -- better than the tv and more inspiring than music or the radio. I felt accomplished -- I was nurturing my spirit and my innerself, while completing my work! I saw immediate results. After a day, I felt better and then after a few days, I was pumped! Like a personal trainer for the brain! After a few days, I found myself more POSITIVE and even refuting lots of the negativity around me. I surprised myself! I'm buying another tonight and immediately copying it on CD for myself to listen to forever. That's my only

complaint. These affirmation tapes are not in a better, more lasting format! Enjoy!

This tape might be dated, but the affirmations are great! I listen it to every day, in the car ...while at my desk working. Very uplifting and her voice is not irritating -- nice, soft and you can listen over and over. I noticed results within a few days. I was feeling a little blue and then -- bam...listening to the tape, I was feeling great! Moreover, I started attracting positive events -- remember, what we think about and focus on, we go towards and attract. So...this tape gave me the confidence to plant my garden again. "I have a natural green thumb"...Thanks Louise Hay!

Listening to this tape is a positive, uplifting way for me to start each day. The affirmations are simple and thus easy to remember; they also go right to the point of need. I listen to this tape so often that I'll have to buy another copy soon!

I looked at so many Louise Hay products, I thought this would have the subliminal stuff in it too. It doesn't. It is not just strait affirmations either. She speaks the affirmation and explains it so sometimes she is speaking in "I" and sometimes in "you" format. It is a very refreshing CD and the music is not distracting. Louise's voice is nice to listen to. Overall, this is a great CD. It gets me feeling good everytime I hear it.

This little flip book is so wonderful. I have one at work and one at home. If I find myself feeling out of sorts, I just flip through the book, til I find a passage that just makes me feel great. I have never been dissapointed, and... I work in a high tech job in Silicon Valley, California

I've been searching and seeking truth's... I knew there was more to life than the insanity of my self destructive thoughts and all the other mental garbage I've been carrying around. If you're seeking positivity, look no further. So simple, and Louise's voice so calming, if you seek awareness - here it is. The suggestion is to listen to it daily for a month. I've owned it for months now and sometimes when I'm feeling out of balance by uncontrollable factors (work) - I find my head racing with negative thoughts, I pop in my 101 Power Thoughts and listen to daily until I feel my life realign and the peacefulness returns. Change your thoughts, change your life, it's in your hands, and it's possible.

This product can help anyone become more positive in thought and in action. Yes, it might take discipline to be positive, but then again it takes just as much effort to be negative. "101 Power

Thoughts" can help one focus on abundance and know that we can have the life we choose. Patrick Leonardi

In my opinion, everything that Louise Hay has written has been wonderful. Her very simplistic and down to earth writing really works for me. Since 1988, I have read Louise's books and listened to her tapes and CD's. When I first listened to this CD, I was amazed. This CD set gives you practical help in everyday living and letting go of negative thoughts and old beliefs. And because I feel that Louise Hays teachings, CD's and books really work for me, I own 14 of them! And This CD really works for me and I have it to use when needed. Thanks Louise!

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