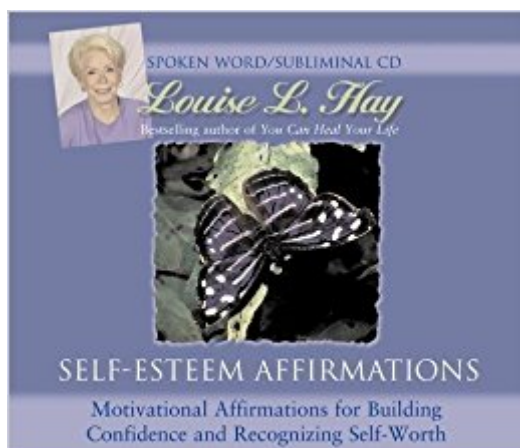


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# Self-Esteem Affirmations



## Synopsis

Contains a series of positive affirmations that can help you experience the joy, fulfillment, love, and wonder that are present in you right now.

## Book Information

Audio CD: 1 pages

Publisher: Hay House; Unabridged edition edition (August 1, 2006)

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Average Customer Review: 4.4 out of 5 stars 114 customer reviews

Best Sellers Rank: #53,934 in Books (See Top 100 in Books) #26 in [Books > Books on CD > General](#) #27 in [Books > Books on CD > Health, Mind & Body > Self Help](#) #29 in [Books > Books on CD > Health, Mind & Body > Personal Growth](#)

## Customer Reviews

Louise Hay, the author of the international bestseller *You Can Heal Your Life*, is a metaphysical lecturer and teacher with more than 40 million books sold worldwide. For more than 30 years, Louise has helped people throughout the world discover and implement the full potential of their own creative powers for personal growth and self-healing. Louise is the founder and chairman of Hay House, Inc., which disseminates books, CDs, DVDs, and other products that contribute to the healing of the planet. Visit [www.LouiseHay.com](http://www.LouiseHay.com)

Robert Holden, Ph.D., is the creator of the Loveability program. His work on psychology and spirituality has been featured on Oprah, Good Morning America, and a PBS special called *“Shift Happens.”* He was also featured in two major BBC-TV documentaries, *The Happiness Formula* and *How to Be Happy*. His corporate clients include Dove and its Campaign for Real Beauty. He is author of *Happiness NOW!*, *Shift Happens!*, *Authentic Success* (formerly titled *Success Intelligence*), and *Be Happy*. Robert hosts a weekly show on Hay House Radio called *Shift Happens!* He also contributes daily to his Facebook page at [www.facebook.com/drrobertholden](http://www.facebook.com/drrobertholden). For information, visit [www.robertholden.org](http://www.robertholden.org).

I love these affirmations! I sometimes put them on before I go to sleep, and fall asleep to them. The only problem is that there is a difference in volume between the tracks (when it goes from spoken

affirmations to music) which invariably wakes me up! I have to set the first track to repeat and I miss the rest. Otherwise, great CD - I love her voice and I think these wonderful affirmations really do get into the subconscious mind and make a difference.

Her affirmations are fine but I just don't understand why she has to say it about herself first and then about "you". I've never had a affirmations cd that the speaker includes herself in it. I'm done with Louise Hay cd's. This is the second one that has been disappointing.

Love this CD. Louise Hay is amazing.

Like this tape. Use a lot

Listened to it for a month and my attitudes were notably changed. No more negative thoughts bombarding me, or when they did, the affirmations popped into my head and provided me with a positive prespective. It took a while to get used to listining to it at night because I would focus on the music. I turned the volumn down and was able to go to sleep. I would definately recomment it.

Louise Hay never disappoints me. CD is great. Highly recommended!!

What I really like about this one is you can listen to it while driving to and from work. No need to have to close your eyes to reap the benefits. Wonderful.

Louise Hay is great. The affirmations are great. I wanted to use the subliminal ones when I sleep, but the music blares at times and wakes me up, so that part has been less useful.

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Affirmations Afirmaciones [Affirmations]: Aumenta tu confianza y tu autoestima [Increase Your Confidence and Self-Esteem] HEALING AFFIRMATIONS & HARP: Soothing and Scientifically Sound Positive Affirmations for Self-Healing (AWARD-WINNING CD/Booklet) (Relax Into Healing Series) Bedtime Affirmations: Positive Daily Affirmations to Aid You Take a Peaceful Sleep Free of Worries Using the Law of Attraction, Self-Hypnosis, Guided Meditation and Sleep Learning Quit Eating Junk Food Affirmations: Positive Daily Affirmations for Junk Food Savvies to Stop the Intake of These Products Using the Law of Attraction, Self-Hypnosis, Guided Meditation Be Great at Sales Affirmations: Positive Daily Affirmations to Help You Become a Great Salesman and Attract More Prospects Using the Law of Attraction, Self-Hypnosis, & Guided Meditation 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 Love: Raising Your Self-Confidence & Self-Esteem Attract Money Affirmations: Powerful Daily Affirmations to Attract Wealth and Abundance to Your Life Using the Law of Attraction Affirmations: 500 Powerful And Positive Affirmations For Maximizing Your Success (FREE BONUS - Law of Attraction Included) (Attract abundance, Reprogram ... Mind, Achieve Success, Law of Attraction) Positive Thinking: 37 Keys to Maximizing Your Life- Affirmations, Motivation and Achieving Success (Positive Thinking, motivation, affirmations) Indigo Ocean Dreams: 4 Children's Stories Designed to Decrease Stress, Anger and Anxiety while Increasing Self-Esteem and Self-Awareness Indigo Dreams (3 CD Set): Children's Bedtime Stories Designed to Decrease Stress, Anger and Anxiety while Increasing Self-Esteem and Self-Awareness Indigo Teen Dreams: 2 CD Set Designed to Decrease Stress, Anger, Anxiety while Increasing Self-Esteem and Self-Awareness (Indigo Dreams) Boundaries : The Power Of NO (Codependency, Social Anxiety, Assertiveness, Self Confidence, Self Esteem, Toxic Relationships)

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