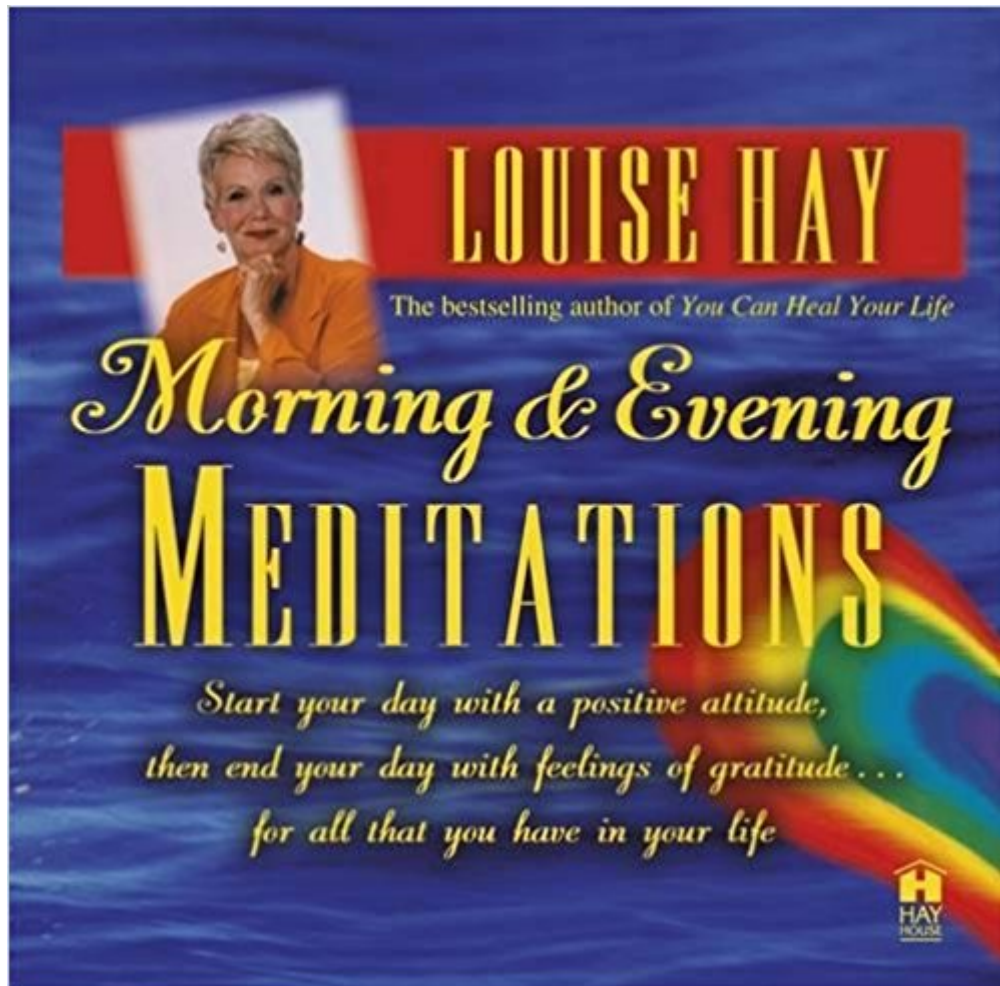




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Morning & Evening Meditations



Synopsis

Morning & Evening Meditations, by Louise L. Hay, is a bestselling audio program that has been on the Hay House top-ten for years. Your customers will buy it over and over to give to friends and family. Â Morning & Evening Meditations is an uplifting CD that will help you start your day with a positive outlook and end your day with gratitude.

Book Information

Audio CD

Publisher: Hay House; Abridged edition (March 1, 2003)

Language: English

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ISBN-13: 978-1401901400

Product Dimensions: 5.7 x 0.4 x 4.9 inches

Shipping Weight: 3.5 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 49 customer reviews

Best Sellers Rank: #177,155 in Books (See Top 100 in Books) #45 inÂ Books > Books on CD > Health, Mind & Body > Relaxation & Meditation #48 inÂ Books > Books on CD > Health, Mind & Body > Meditation #138 inÂ Books > Books on CD > Health, Mind & Body > Self Help

Customer Reviews

Louise L. Hay is a metaphysical lecturer and teacher and the bestselling author of 27 books, including You Can Heal Your Life trade, sold 16 million worldwide & 3 million in the US, ISBN:0-937611-01-8; You Can Heal Your Life Gift Edition, sold 230,000, ISBN:1-56170-628-0; and Empowering Women, ISBN: 1-56170-6094. 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.

Louise Hay is very encouraging. I love these meditations, one for the morning and one for the evening. Her voice is very relaxing and reassuring. If I have trouble getting to sleep at night, as soon as I hear her voice, I relax. She has been with me for years and I've come to rely on her

affirmations. I've given copies of this to friends who seem to benefit from her as well.

I have been using for a week now and I love it. I look forward to each morning and evening. Her voice is very soothing and the messages have really helped me. I recommend it highly.

The morning part is pretty good, and will occasionally list to the morning meditation. The evening meditation is not relaxing.

Louise Hay is great. A wonderful meditation to start and end your day. Some of it is very "NEW AGE" however, I still like it. New age like loving the things around you that provide you comfort for example.

Maybe I just have an attachment to this because I started listening to it when I was recovering from my first (and hopefully one of only a few) surgeries of my adult life and it was a particularly hard time in my life - but it really helped me to heal. I relied on it for a few years to get me to sleep at night and help me to start out the day with a positive loving feeling in my mind and body. I believe it is truly transformational - soothing and wise. I came here to find it again because the cassette tape I had warped.. She hits on a lot of issues here - with an understanding of what are some of the deepest causes of existential anxiety.

gave it as a gift... they were excited... but don't think they've used it yet

One of my favorites.

Thanks!

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