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Inner Freedom I

By Lorraine Flaherty

Findhorn Press Ltd., United Kingdom, 2014. CD-Audio. Book Condition: New. 147 x 130 mm.

Language: English . Brand New. All the tracks on these two CDs take you into a deep state of relaxation allowing you to let go and achieve each of the stated objectives. CD1 RELAXATION AND STRESS MANAGEMENT Within the recording are positive suggestions that can help you to feel better about yourself and the world around you. Repeated listening can help to change your thoughts. As you change your thoughts you change the way you feel, and as you change the way you feel, you get to change the way you live your life. You get to be happier, healthier and more at ease and more in control. SELF ESTEEM BOOSTER Over the course of your life you may have picked up some unhelpful ideas about who you are and what you deserve. Many people experience feelings of doubt and wonder if they are good enough . These concerns can often paralyze people and prevent them from going for the things they want in life; whether that is in work, in love or in any other area of life. This track provides a new way of thinking...



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