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HEALING AFFIRMATIONS & HARP: Soothing And Scientifically Sound Positive Affirmations For Self-Healing (AWARD-WINNING CD/Booklet) (Relax Into Healing Series)





Synopsis

Created by popular demand, this award-winning, 67-minute Healing Affirmations CD is a compilation of many of the powerful affirmations on Nancy Hopp's other RELAX INTO HEALING titles. Nancy's softly spoken words of encouragement have been likened to a gentle, loving touch -- relaxing, reassuring, reinforcing -- reminding you that you are never, ever alone. And, they're scientifically sound! As thousands of listeners have experienced, the program soothes, inspires, and gently yet powerfully creates a soothing environment and facilitates mind-body-spirit healing. Simply put, affirmations work! And Donna Mast's lovely harp sounds provide the perfect background for these beautifully written and well-delivered positive affirmations. The CD is appropriate for any healing journey, including in home, rehab, or other clinical settings, and can be listened to before, during, and after surgery, chemo and radiation treatments, while washing dishes, falling asleep... in any situation in which physical, emotional or spiritual healing is needed. Skillfully incorporating healing guided imagery (healing visualization) and presenting a variety of affirmation statements, Nancy masterfully weaves a tapestry, enhancing any healing journey and lovingly assisting you in:

- * Relaxing deeply
- * Letting go of fears
- * Harnessing the power of your thoughts and imagination
- * Reconnecting with your spiritual strength

In so doing, you may also:

- * Speed recovery during an acute healing experience
- * Experience a greater sense of emotional well-being
- * Find relief during chronic pain management
- * Be comforted during times of loss or grieving
- * Re-awaken your sense of inner knowing...and much, much more!

The power of positive healing affirmations combined with guided healing visualization for holistic mind-body healing cannot be overstated. This recording and accompanying 16-page booklet are a must for anyone who seeks effective, natural, acute or chronic pain relief, or is involved in any type of physical, emotional, or mental healing.

Book Information

Series: Relax Into Healing Series

Audio CD

Publisher: Synergistic Systems; Audio CD with 16 page booklet edition (September 18, 2006)

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Average Customer Review: 5.0 out of 5 stars 1 customer review

Best Sellers Rank: #1,039,759 in Books (See Top 100 in Books) #89 in [Books > Books on CD > Health, Mind & Body > Fitness](#) #475 in [Books > Books on CD > Health, Mind & Body > General](#) #969 in [Books > Books on CD > Health, Mind & Body > Self Help](#)

Customer Reviews

ENDORSEMENTS FROM LEADERS IN THE FIELD "Nancy's work is very impressive. Material of this quality and integrity is rare. I recommend it highly." Jack Canfield, co-author of *Chicken Soup for the Soul*, (interviewed in *The Secret*) "Nancy's CDs are well-done self-help tools for relaxation, affirmation and healing...keep on inspiring life! Bernie Siegel, M.D., author of *Love, Medicine and Miracles* and founder, ECaP (Exceptional Cancer Patients) Center. "I highly recommend Nancy's work as an excellent foundation for health and healing. Her warm, soothing voice, the peaceful music and the skillful suggestions make her guided relaxation and imagery CDs among the very best." Joan Borysenko, Ph.D., author of *Minding the Body, Mending the Mind, and Your Soul's Compass* ENDORSEMENTS FROM THE MEDIA "Nancy Hopps has the perfect relaxation voice to lead you into what could be the best moments of your day. Nancy's clear, comforting voice teaches you how to relax through a variety of breathing, sensory, and imagery techniques, with positive affirmations. The music sets just the right tone to zone into relaxation mode." NAPRA ReView Proven de-stressors ... Redbook Magazine, January 2004 "Nancy Hopps has a steady, reassuring style that encourages the listener to trust the innate wisdom of the body and breath, *Yoga Journal* Nancy Hopps' recordings are...unique and beautifully done." *Magical Blend Magazine* -- Endorsements

This CD is a regular part of my day. Not only is it relaxing and I enjoy the soothing music but I truly feel the affirmations are helping me heal and move forward on my spiritual path.

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