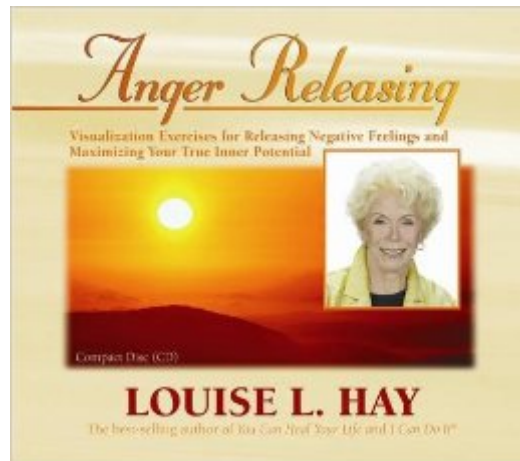


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# Anger Releasing



## Synopsis

On this CD, Louise L. Hay creates a safe atmosphere to teach you how to move past our emotional barriers and dissolve your anger. "As you do this visualization exercise, many angry feelings will come up—feelings directed at people you may not have known you were even angry at. This is a simply part of the process, and it's perfectly okay." "Releasing anger will release pain and free you to experience a richer, more fulfilling life. May you have the success that so many others have had." Louise L. Hay

## Book Information

Audio CD

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Average Customer Review: 4.2 out of 5 stars See all reviews (48 customer reviews)

Best Sellers Rank: #85,878 in Books (See Top 100 in Books) #38 in Books > Books on CD > Health, Mind & Body > Meditation #38 in Books > Books on CD > Health, Mind & Body > Relaxation & Meditation #52 in Books > Self-Help > Anger Management

## Customer Reviews

Louise L. Hay amazed me and shocked me once again with this tape. She created a way to truly release anger through a guided meditation by inviting you to confront five people in your life. Hay gives you permission to say to these people, in your mind, everything that you always wanted to say but did not dare. She encourages you to let EVERYTHING go! Then she shows you how to use that anger and release it so it does not hurt anyone anymore. This tape is not for the timid, I have to admit I threw it across the room once because it made me so mad! But, it does work. By someone finally showing me I could give myself permission to be mad I also learned how to give myself permission to let go of the anger!

I used this tape and it helped me let go of anger. I have arthritis. Arthritis is linked to unreleased anger. The first time I used this tape, I fell asleep afterward and woke up, stretched and had joints move that previously did not move. I know this is hard to believe, but it is true. These joints are still

move well. I highly recommend this tape for anyone needing to release anger.

(4.5 stars) I have mixed feelings about this CD, because I think it's brilliant and empowering, yet there are aspects of it that scare me. That's probably something that is just part of my own personal progress, because I must say that this CD has helped me leaps and bounds in dealing with my anger issues. Working with the visualizations on this CD have made me feel more in control of my anger and that's good. I also feel more empowered, knowing that these issues are arising for a reason and that I need to let them go. But the part of the visualization process that is tricky for me is the idea of "disintegrating" the people who are upsetting me. There's just something a little too... intense about that for me. I know Louise's point is that anger can be so destructive, and as she says, "That's really not the way you want to be." I realize that this part of the process is there to help us feel all powerful over the people who are making us angry, and to destroy that ugly energy that we feel is attacking us. However, for my peace of mind, I find it best to make this section of the exercise like I'm at a carnival, shooting tin "bad guy" versions of these people that have hurt me. It seems to help. And then there is the all important forgiveness section which is really empowering and enlightening. Louise guides the visualization to see the inner pain of that other person, to see where they're coming from, and while that might not seem like something you'd like to take into consideration since you're angry with this person, because you've been able to vent your anger with this person in the first part of the exercise, this last "forgiveness cycle" really seems to affirm your safety, strength, empowerment, and it opens the mind. I'm still working with this CD and it truly has been a life-saver in many situations. Getting the anger out in ways that are safe for ourselves and others is truly a helpful experience. Good luck with your journey!

I am a trained graduate of meditation and my partner is a master hypnotherapist. The anger releasing CD is quite good, using visualization techniques to help you experience your openness/resistance to forgiving and to letting go. Simple visualizations requiring basic imagination are effective when combined with Louise Hay's soothing and very well-paced voice. She is excellent at what she does, convincing you that the work you are doing is worthy and life-recovering. Priceless for getting back your sanity and testing yourself on where you are in the forgiveness/letting go process. A good value for anyone wanting to heal.

I LISTEN TO THIS CD AT NIGHT BEFORE GOING TO BED. ITS AMAZING HOW MUCH ANGER YOU RELEASE. I REALLY ENJOY THIS CD ITS HELPED ME A LOT.

This short (34 minute) mental health exercise is ideal for releasing stress, anger, pain and general bloody-mindedness. Tried it once and had that feelgood tingle for the next several days. Will try it once every week - and it beats popping a pill! But beware...enter into this type of mental gymnastic with a totally open mind and leave the ego at the front door. Excellent self-help. BM

This is a guided meditation. I have given it several listenings and it just hasn't been very effective for me. The biggest problem I have is that you are asked to come up with 5 people you are angry at. I can come up w/maybe one or two but five! and that takes up a huge part of the meditation, visualizing each person. I am very good at guided visualizations and I do them regularly with great success. This was just too complicated and I abandoned it. I feel bad about giving this cd only 2 stars. I absolutely love Louise Hay and everything she's created.

I did not fully know how the anger I carried was affecting me until I listened to this CD and did the exercise. It was very enlightening.

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