



Anger Releasing

Louise Hay

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Anger Releasing

Louise Hay

Anger Releasing Louise Hay

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

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