



Stress-Free Life

Louise L. Hay

A 12-Card Deck

Dear Friends,

I've written these cards as a way to help you create a stress-free life! In this fast-paced world, we sometimes allow the busyness around us to translate into stress—stress in our daily workplace, with our loved ones, and most common, we carry stress in our bodies.

Living a stress-free life means letting go of the past, so be willing to release the need to be right about how stressful your life is. Every day gets easier and easier when you know that you're doing the best you can. One of my favorite affirmations is: "All that I need to know at any given moment is revealed to me. I trust myself, and I trust Life." You are the power in your world.

Choose a card each morning, and it will be your positive message for the day!



— LOUISE L. HAY



I let go of all fear
and doubt, and life becomes
simple and easy for me.



I create

a stress-free world
for myself.



I relax all my neck muscles, and I let go of any tension in my shoulders.

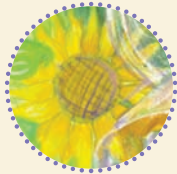


I slowly

breathe in and out, and I
find myself relaxing more
and more with each breath.



I am a capable
person, and I can handle
anything that comes my way.



I am

centered and focused.

I feel more secure
each day.



I am even-tempered
and emotionally well balanced.



I am

at ease with myself,
and I am at ease with
other people.



I am safe when I
express my feelings. I can
be serene in any situation.



I have

a wonderful relationship
with my friends, family
members, and co-workers.

I am appreciated.



I am comfortable
with my finances. I am always
able to pay my bills on time.



Financial

security puts me at ease
and makes me feel
good about my future.



I am always in a
loving atmosphere—both
at home and at work.



I trust

myself to deal with
any problems that arise
during the day.



I let go of childhood fears. I am a secure, empowered human being.



When I

feel tense, I remember
to relax all of the
muscles and organs
in my body.



I realize that
stress is only fear. I now
release all fears.



I let go

of all negativity
that rests in my
body and mind.



I am in the process of making positive changes in all areas of my life.



I have

the strength to
remain calm in the
face of change.



I am willing to learn.
The more I learn, the more
I grow.



No matter

how old I am, I can
always learn more, and
I do so with confidence.



I meditate

on a regular basis and reap
benefits from this practice.



I close

my eyes, think positive
thoughts, and breathe
goodness in and out.



LOUISE L. HAY is a metaphysical lecturer and teacher and the bestselling author of 27 books, including *You Can Heal Your Life* and *Empowering Women*. 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.

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Affirmations for a
Stress-Free
Life



LOUISE L. HAY, the internationally renowned author of *You Can Heal Your Life*, brings you 12 affirmation cards that will help you create and maintain a stress-free life. Post these cards in your home, workplace, car . . . or give them to friends and family. They're sure to give you an enhanced sense of joy, power, and contentment!

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