

**Issue: # 2**

**October 2008**

***Use the "Pay It Forward" Principle Daily***

Hello,

Do you remember the movie "Pay It Forward?" I loved that movie. The moral of the movie's storyline was to pay back or "Pay It Forward" all the kindness that someone showed you and give it away to someone else.

Well, I feel like I am a star in that movie because my *Weathering the Storm Newsletter* was a hit. I have been blessed to "Pay It Forward" to over 70 special friends who requested my "Reduce Anxieties" CD. WOW!

Mary, my Client Relations Manager, and I have been busy filling all of the orders, and they are still coming in. I ran out twice and had to reorder more CD's Thank you so much; it means the world to me that in some small way I have made your world a little better. I'd like to share with you what a few of my special friends who requested a CD had to say below.

It has certainly been a harrowing time here in Louisiana and Texas with back to back hurricanes, but hopefully the worst of the season is behind us. It's important to keep our spirits up and keep moving forward.

And on that positive note, I wish you all a fabulous STRESS FREE month!

Love and hugs,  
Linda

**Critic's Corner Reviews of My "Reduce Anxieties" CD**

Here's what a few of my fans had to say about my FREE CD "Reduce Anxieties" offer:

Linda,

I just received the CD and popped it in my car on the way to work this morning. What a wonderful job you have done! This is something I will use over and over and pass on to many friends who could benefit. Thanks again so very much!

*Chris Meyers, Kansas City, KS*

Well, Linda aren't you sweet to offer this. I'm just getting back up & running on internet & I'd love a copy. Thank you so much. If you still have any copies left, I'd love one mailed to my home address.

*Elaine Daniels, Baton Rouge, LA*

What a generous and thoughtful gift, Linda, just like the lady who offered it! I'm glad that your beautiful home was spared and that only the first floor of your "play house" got wet. If you still have one of these available, please send it me.

*Dana Vutera, Baton Rouge, LA*

Hello Linda,

It is good to hear from you and I am so happy that your BR home was spared. Having experienced a complete loss of our camp in Buras because of Katrina, I understand how you feel. I truly appreciate your generosity. Please send the CD to the address below.

*Cassandra Shore, Baton Rouge, LA*

Linda,

Thanks so much for the words of encouragement and for the hugs. I send the hugs and encouragement back to you. We are all in this together and together we will all overcome.

*Cynthia D., Baton Rouge, LA*

### **Update on my "Name That Newsletter" Contest**

A great big thanks to everyone that took time out of their busy schedule to help me name my new Newsletter (ezine). I was so impressed with the quality of the titles. Good job all! Listed below are the top 10 titles I've received so far. Which one is your favorite? Cast your ballot for your favorite by emailing me back. I'm going to allow for **20 more entries** to come in before making the final decision along with you, my valued readers, so be sure to send your suggestions for my "Name My Newsletter" campaign in to **Linda@LindaAllred.com** today.

Here are the fabulous Top 10 newsletter name suggestions:

Happy Healthy Notes  
Health & Wellness Secrets  
Health Matters  
Healthy Choices  
It's All About Health  
Living Well With Linda  
Positive Possibilities  
Smart Choices  
Success Secrets from Linda  
Think Yourself Healthy

I'm going to continue the contest into November and then make the big announcement in that month's newsletter. I well imagine that a lucky someone will be able to use the \$100 prize against their Thanksgiving Day dinner or perhaps start their Christmas shopping early. So, keep your suggestions coming in and watch for the big announcement.

### **The Healing Power of Positive Affirmations and Self-Hypnosis CD's**

#### **How My "Ultimate Relaxation" CD Worked for a Chemotherapy Patient**

Let me tell you a story of the first time I recorded a tape of a self-hypnosis session. In 1994, I met a lady named Jan, at a cancer support group who was in tears telling her story of how her bladder cancer (that had been in remission) had come back. She said that she was completely out-of-control every time she had to take her chemotherapy. She said that she got so nervous they actually had to tie her down and she cried the entire time.

She enrolled in my Self-Hypnosis Stress Management Program and I recorded my *first* self-hypnosis session for her called, "The Cottage," which has since been renamed "Ultimate Relaxation" to take with her to her next chemotherapy session. Well guess what? She played the tape at her next session and got so relaxed and calm that she actually visualized

that she was swinging in a hammock in Hawaii. She couldn't believe they did not have to tie her down. All she did was listen to the positive suggestions on the tape. Wow! It was at this moment in time that I realized how powerful having your own personal tape to listen to was. That is how my Self-Improvement series of tapes was born. Let me tell you more.

### **"A Slender Body" CD Gives a Client Control Over Her Eating Habits**

Would you like to be slim and trim and in control? I asked a lady in my weight loss program to start listening and repeating out loud the positive affirmations on my CD, "A Slender Body." She told me that on the first day she repeated out loud, "I am slim and trim, I am in control" over and over again. She then immediately told herself, "I am not slim and trim, I am not in control, and I am FAT." She continued listening daily to my CD but when she got to this part, she told herself, "I am not slim and trim, I am not in control. I am a FAT COW." Pretty contradictive thinking huh?

However, an interesting thing happen as she continued with her daily listening. She told me one day when she got to that part, she said, "YES, I am slim and trim and YES, I am in control." Well, guess what happened? She had a mind shift and truly believed that she was slim and trim and in control. She started acting and thinking like a thin person, and told herself, "I walk thin, talk thin, and think thin because I am a thin person all day everyday." And then what she thought was impossible happened - she finally went on to become the slim, trim, and in control lady of her dreams.

Why am I telling you these stories? Because 17 years ago I was experiencing extremely high stress, was also 40 pounds overweight, and thought I was dumb, stupid and a failure. My world changed when I begin learning to talk myself to good health by using the healing power of positive affirmations and self-hypnosis CD's.

It you feel you would like to learn how to talk YOURSELF to good health, I strongly encourage you to VISIT my website and review my Self-Improvement DVD/CD's. Simply visit my website at [www.LindaAllred.com](http://www.LindaAllred.com) and go directly to my Products Page where you can choose which product will help you the most. These DVD/CD's will greatly enhance your success. If after using them for 30 days you find they're not helping, kindly return your undamaged products in their original packaging and I will gladly refund your money in full within 24 hours after I receive them.

### **Closing**

That's it for October's newsletter. Don't forget to send me your newsletter titles for the contest as I will be deciding the contest winner in my November issue. There is still time to enter. Remember, I am offering \$100 to the person who comes up with the winning name for my newsletter!

Love and hugs!

Linda

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