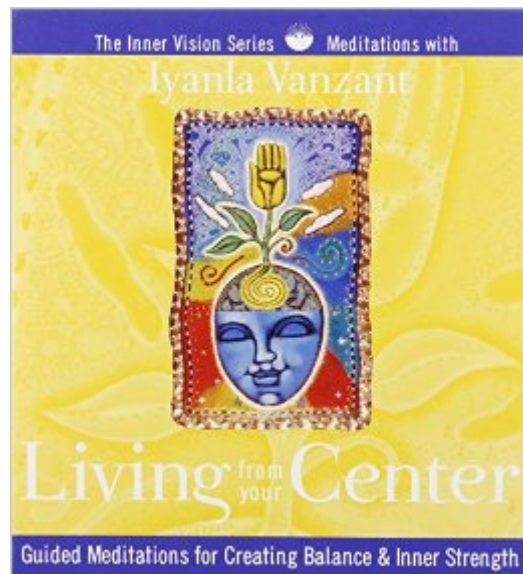


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# Living From Your Center: Guided Meditations For Creating Balance & Inner Strength (Inner Vision Series)



## Synopsis

With more than eight million books in print, Iyanla Vanzant, award-winning author of five New York Times bestsellers, including *One Day My Soul Just Opened Up*, now presents her first-ever audio meditation series. The Inner Vision Series: Meditations with Iyanla Vanzant consists of four individual guided practice CDs, beginning with *Living from Your Center*, a tool for finding balance and inner strength. Listeners will join Vanzant to learn: Love, faith, forgiveness, and surrender • steps to gaining spiritual power How to identify your center and access it for strength in any situation Iyanla Vanzant's personal guided meditations for healing, clearing, balancing, and more At every given moment, we are each in the process of being and becoming, she teaches. Life is a process of growing, outgrowing, and growing some more. Now with *Living from Your Center*, for the first time, Iyanla Vanzant's millions of readers can experience her favorite meditations for spiritual growth in this celebrated author's own voice.

## Book Information

Series: Inner Vision Series

Audio CD

Publisher: Sounds True; Unabridged edition (November 1, 2004)

Language: English

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Product Dimensions: 6.2 x 5.3 x 0.6 inches

Shipping Weight: 2.4 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars See all reviews (11 customer reviews)

Best Sellers Rank: #1,207,031 in Books (See Top 100 in Books) #3 in Books > Books on CD > Authors, A-Z > ( V ) > Vanzant, Iyanla #329 in Books > Books on CD > Health, Mind & Body > Meditation #369 in Books > Books on CD > Health, Mind & Body > Relaxation & Meditation

## Customer Reviews

Very helpful, Iyanla is a calm and soothing guide. The meditations, though simple, are very very effective. I am now greatly interested in hearing more from, and expect to be just as pleased with, future purchases of this author.

I really enjoyed this guided meditation because it delivered. I felt balanced and centered after listening to just half of the recording. I agree with all the comments from previous positive reviews.

One negative reviewer remarked that it is repetitious, and perhaps it is a little bit. For me, I like the repetition. I may understand what Iyanla is saying on an intellectual level, but I need to hear the message repeated in order to understand on a deeper, more spiritual level. I would definitely recommend this audio book to anybody who is looking for a guided meditation to relieve stress, become balanced, and more centered.

This audio is powerful, soothing, and comforting. Thank you. Please make more CD s. voice is calming and centering. Enjoy.

If you already have spiritual practice, this CD will likely offer nothing new. If you don't have a spiritual practice this CD probably won't inspire one. I had high hopes for this CD and have been working with the two energy centers she refers to for some time. This CD offered nothing new to my experience. The author's voice was potentially very soothing and powerful, but unfortunately the meditations were of little to no substance. She uses all the banal buzz words of new age jargon (over and over again) almost to the point of cliché.

Again this is a God sent person. I soak in as I listen. This is especially enjoyable for the world we live in today.

Like it, good listen . Positive

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