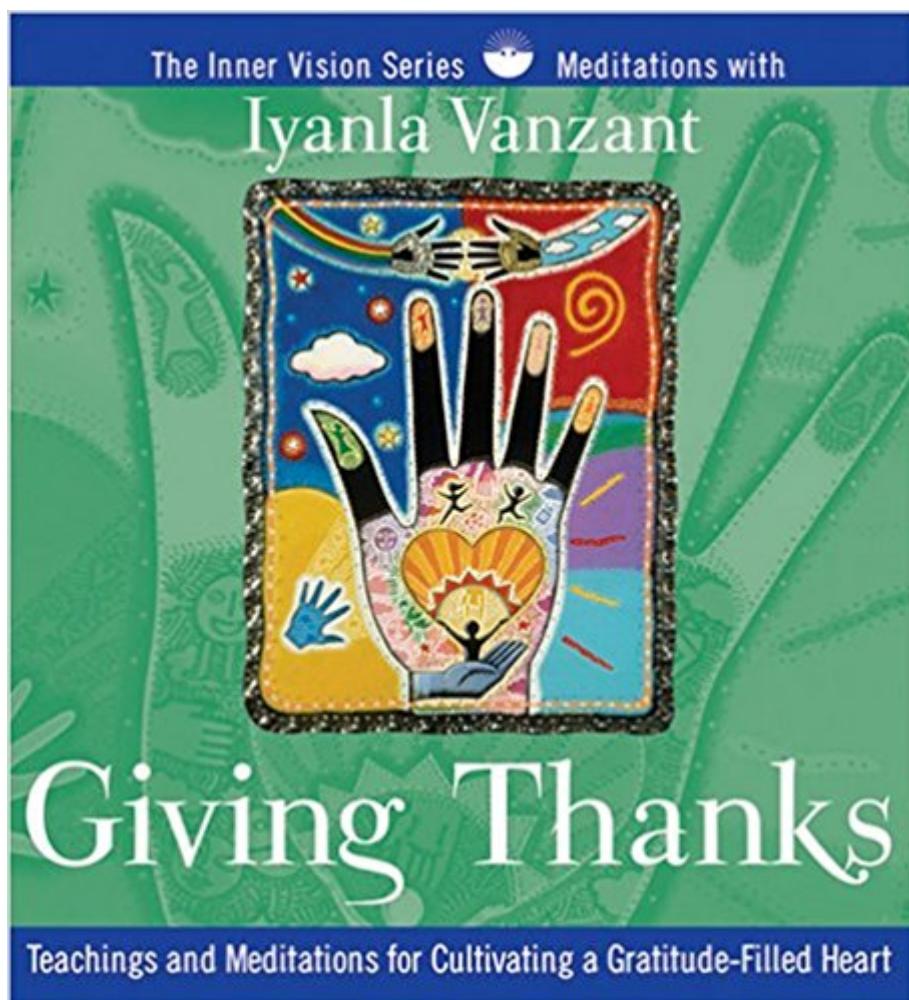


The book was found

Giving Thanks: Teachings And Meditations For Cultivating A Gratitude-Filled Heart (Inner Vision (Sounds True))



Synopsis

The expression of gratitude has profound and immediate effects on our physical, emotional, and spiritual well-being. Our lives are transformed simply through the daily practice of taking note of our blessings. On *Giving Thanks*, bestselling author Iyanla Vanzant gently guides you into a state of remembrance itself through meditation and visualization exercises, awakening you to each of the gifts that surround you but often go unnoticed. Vanzant teaches you how to nourish this innate wisdom of appreciation, and to sow the benefits of this simple yet transformative action.

Book Information

Series: Inner Vision (Sounds True)

Audio CD

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Shipping Weight: 2.4 ounces

Average Customer Review: 5.0 out of 5 stars 5 customer reviews

Best Sellers Rank: #1,943,358 in Books (See Top 100 in Books) #7 in Books > Books on CD > Authors, A-Z > (V) > Vanzant, Iyanla #423 in Books > Books on CD > Health, Mind & Body > Meditation #460 in Books > Books on CD > Health, Mind & Body > Relaxation & Meditation

Customer Reviews

Iyanla Vanzant has more than 8 million books in print. She is the author of five New York Times bestsellers including *Yesterday I Cried*, *One Day My Soul Just Opened Up* and *In the Meantime*. Iyanla Vanzant appears frequently on television and radio shows, including a recurring guest spot on *The Oprah Winfrey Show*.

With a message that could easily be expanded to twice this program's length, Iyanla Vanzant presents an audio lesson on how to brighten your attitude and your approach to just about everything. Relationships, past trauma and loss, difficult people, frustrating circumstances--all will become a pleasure to handle when you count your blessings instead of complaining and wringing your hands. The author sounds older, even wiser, than in her previous recordings; she has more authority to my ears, which helps her advice and well-crafted meditations sound vital and powerful.

This effective tool will help listeners discover a more positive self and be more resistant to life's ups and downs--past and present. T.W. © AudioFile 2006, Portland, Maine-- Copyright © AudioFile, Portland, Maine

I recently purchased this CD because of Iyanla's appearances on Oprah's Life classes. I know how important gratitude is in my own life and appreciate Iyanla's GIVING THANKS CD. This recording helps me maintain a daily practice of being grateful. The meditations are guided with visualization exercises, not difficult to follow.

All her books are very helpful

wonderful book!

love it

I ordered this product expecting delivery in a week or so and also ordered it from my local library to check out prior to receiving my own copy and before the library even contacted the product had arrived. Wow!!

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