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Giving To Yourself First (Inner Vision (Sounds True))



Synopsis

The most important relationship you will ever have is the relationship you have with yourself, teaches Iyanla Vanzant. It's the model for every other relationship you enter into. On *Giving to Yourself First*, the bestselling author of *In the Meantime* reminds us that in order to genuinely love others, we need to love ourselves more. Through a series of eloquent meditations, she teaches listeners how to cultivate self-acceptance and strengthen self-esteem, to allow them to better assist, support, and serve the people they love. Reviews "Vanzant delivers sensible advice in a no-nonsense, this-is-good-for-you style." •Library Journal

Book Information

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Audio CD

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Customer Reviews

"Vanzant delivers sensible advice in a no-nonsense, this-is-good-for-you style."-Library Journal

Iyanla VanzantIyanla Vanzant has more than 8 million books in print. She is the author of five New York Times bestsellers including *Yesterday I Cried* (Fireside, 2000), *One Day My Soul Just Opened Up* (Fireside, 1998) and *In the Meantime* (Fireside, 1999). Iyanla Vanzant appears frequently on television and radio shows, including a recurring guest spot on *The Oprah Winfrey Show*.

Ms. Vanzant has always been an inspiration. I have purchased both books and dvds from the artist. I have listen to this tape as least 3 times. I marvel at how she gives to the listener what the listener needs. I have been a follwerer for years ! Anytime I feel too stressed, I know I will listen to this and

become "whole again" !

Found this unhelpful. My least favorite of all the Iyanla Vanzant books, audio that I have purchased.

This is absolutely a fabulous meditative CD that combines spirituality and meditation -- have no fear, it doesn't trounce on your beliefs but complements them as you take care of yourself as you are Divinely Designed.

Very nice , her voice is calming , but sure . I enjoy it!

Excellent Inspiration! Worth many listens.

No one of the fines, felt like a rehash of similar things. Love Iyanla, but wanted something new.

not what I expected, too much lively music in a meditation setting

good item and great delivery

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