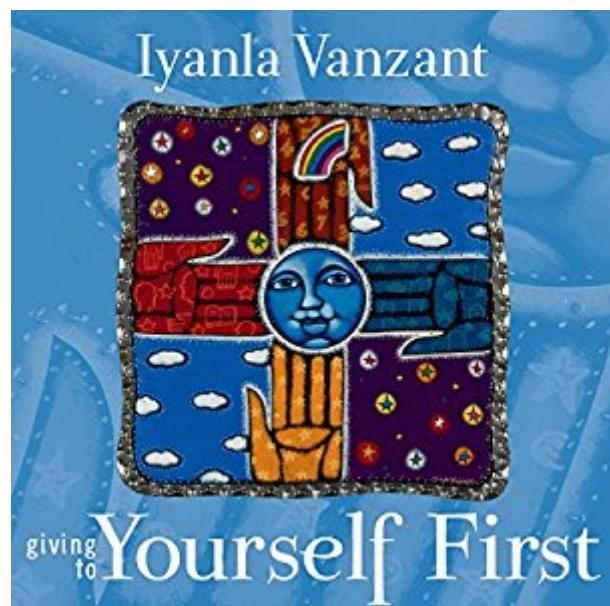


The book was found

# Giving To Yourself First



## **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. In *Giving to Yourself First*, the best-selling 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.

## **Book Information**

Audible Audio Edition

Listening Length: 1 hour and 16 minutes

Program Type: Audiobook

Version: Original recording

Publisher: Sounds True

Audible.com Release Date: October 6, 2015

Language: English

ASIN: B0167DAMCY

Best Sellers Rank: #72 in Books > Religion & Spirituality > New Age & Spirituality > Spiritualism  
#185 in Books > Audible Audiobooks > Religion & Spirituality > New Age & Occult #589  
in Books > Audible Audiobooks > Health, Mind & Body > Self-Help

## **Customer Reviews**

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

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.

Her voice is so rich and soothing, I was looking for a meditation, and was excited when I listen to the sample of this chakra meditation. I needed something that was culturally intelligent, and suited for my rich prayer background. I am not a Christian, so that fact that she prayed before each

meditation, and did not say the name Jesus made me very happy. The songs are rich and full of spirit, the words are inspiring, and the melodies stay in my head all day. I have been searching for a practice that the teachers voice did not get on my nerves, by being too high pitched, or rushed. This is truly a blessing for me at this time in my life. And the Holy Divine Womb of Creation, just popped it up on my screen. So for that I say yakoki Mother, you always got a blessing in the bush.

This cd and any information by the writer is excellent. I have been following her for so many years. I love to read here books. She is a very good inspirational person.

gets to the point with out being to wordy.....would have like some mellow background music, but it gets it for Me!Check out at LibraryMay we all be more Peaceful and may that change our world!:)\*)

if you looking to finding the inner self and discovery the true self this is a must cd, truth be told

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

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