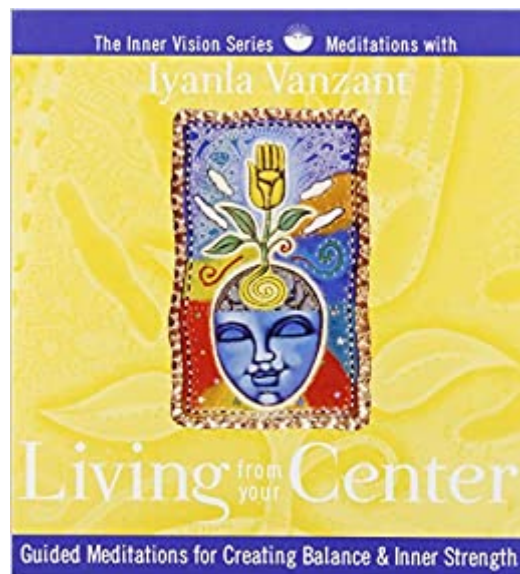




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# Living From Your Center: Guided Meditations For Creating Balance & Inner Strength (Inner Vision Series)



## 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

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Best Sellers Rank: #774,901 in Books (See Top 100 in Books) #1 in [Books > Books on CD > Authors, A-Z > \( V \) > Vanzant, Iyanla](#) #177 in [Books > Books on CD > Health, Mind & Body > Meditation](#) #179 in [Books > Books on CD > Health, Mind & Body > Relaxation & Meditation](#)

## Customer Reviews

Iyanla Vanzant Iyanla 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*.

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