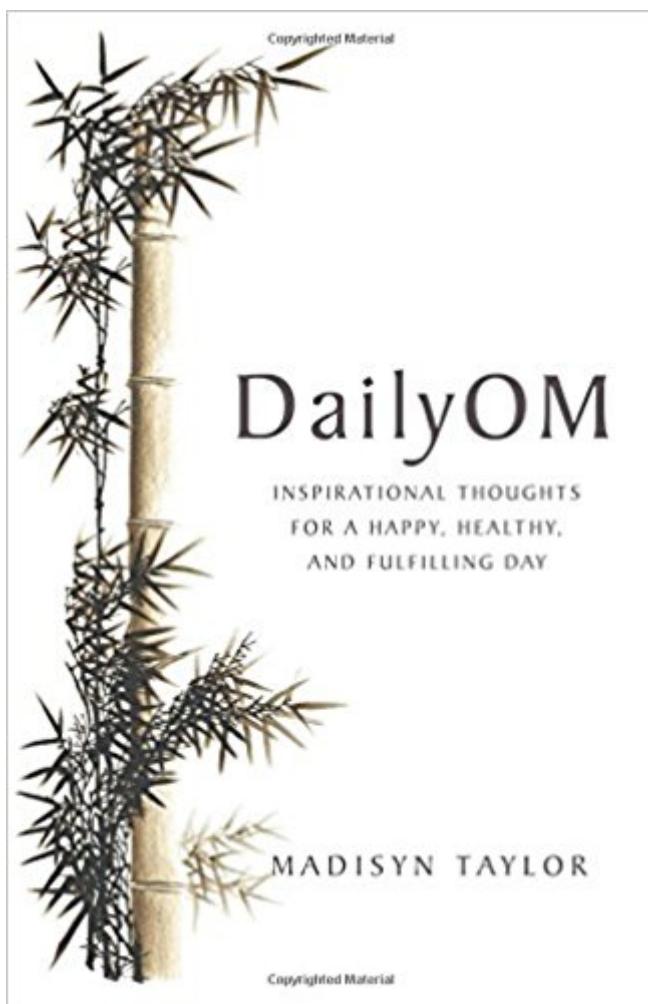


The book was found

# DailyOM: Inspirational Thoughts For A Happy, Healthy, And Fulfilling Day



## Synopsis

This inspirational book delivers messages of healing, awareness, and well-being. A companion to the popular DailyOM Website, it is a valuable guide that will enable you to find balance and wellness through conscious awareness. As you read these passages, which touch on topics including meditation, relationships, nature, and more, you'll see that they'll make the journey of your life much more meaningful. The gentle and affirming wisdom contained within these pages is intended to make each of your days a little happier, less stressful, and more satisfying. It will introduce you to elements of Mother Nature's majesty that you may never have noticed before, guide you as you discover the inward peace you've longed for, and inspire you to embrace change in every corner of your existence. As you open your mind to the possibilities contained within, you'll discover that the power to create a fulfilling and more purposeful life was in you all along.

## Book Information

Paperback: 312 pages

Publisher: Hay House; 1 edition (April 8, 2008)

Language: English

ISBN-10: 1401920500

ISBN-13: 978-1401920500

Product Dimensions: 5.4 x 0.8 x 8.3 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 109 customer reviews

Best Sellers Rank: #337,515 in Books (See Top 100 in Books) #70 in Books > Religion & Spirituality > New Age & Spirituality > Self-Help #2022 in Books > Health, Fitness & Dieting > Alternative Medicine > Meditation #3719 in Books > Religion & Spirituality > Occult & Paranormal

## Customer Reviews

Madisyn Taylor is the co founder and editor in chief of DailyOM and is responsible for all the content on its Website. She is also the founder and head of product development for the successful aromatherapy and spiritual-jewelry line eponymously named Madisyn Taylor. When not writing or developing products, Madisyn can be found in her garden playing with her cat, Zoe, and being at one with nature near her home in Ashland, Oregon. --This text refers to an out of print or unavailable edition of this title.

This has been a life-changing book for my husband and me. He read this book to me when I was suffering from anxiety and depression. Morning after morning, I would lie on the couch while he read. I found it calming, and it helped me focus on something other than my anxiety and depression. At first, I was unable to discuss it with him, but gradually, with time, counseling and medication, I got better, and we began having wonderful discussions about each day's reading and how it applied to our lives. At some point, we began taking turns reading. We took this book on trips with us, and would read it in our car or hotel room. If we missed a day, we missed it. When we finished, we tried several different inspirational books, but so far, nothing has compared. I've just ordered DailyOM: Learning to Live, and look forward to reading it. I'm feeling much better these days, and my counselor tells me whatever I've been doing, keep doing it! At some point, we will re-read DailyOM: Inspirational Thoughts for a Happy, Healthy, and Fulfilling Day. It's that good, and will be a permanent part of our library as a "go to" book when we need gentle guidance with a positive perspective. I can't recommend it highly enough. Brava!

I am already on the email list for DailyOm for years now. It was especially helpful when I would arrive at work, open my email and read it before the day started. I have shared the site with a few friends and since purchasing the book, will be sure to give as gifts on Friendship Day in August. I have been reading the Learning to Live in the morning and DailyOM: Inspirational Thoughts for a Happy, Healthy, and Fulfilling Day in the evening just before bed. I am not as consistent as I would like but enjoy it and think this would be great as a book club choice to discuss.

Daily Om is great

Perfect for a waiting room or exam room in a clinic for patients to read, been signed up for these emails for 3 years now.

Love this book!!

I belong to the DailyOM daily email list and this book is basically all of the best ones put into a book. Even though I belong to the email list, I still HIGHLY recommend this book. It makes a wonderful coffee table (or bathroom) book. Randomly open the book and the story is inspiring and thought provoking. Everyone interested in self-help, philosophy or the law of attraction, what the

bleep kind of things should have a copy of this book.

I recently started to do yoga and noticed my teacher was reading quotes out of this book. I decided to buy it because I loved what she was reading to us. I read it daily and it keeps me feeling positive and calms me before I start my day.

Most people have their morning coffee or tea to wake up the body. This little book is like coffee for the soul. Not only does it offer practical suggestions, but it also wakes up the brain causing us to think. Going to buy more to give to family and friends.

[Download to continue reading...](#)

DailyOM: Inspirational Thoughts for a Happy, Healthy, and Fulfilling Day Low Calorie & Fat: Healthy Breakfast Recipes! Discover New Healthy Breakfast Ideas. Healthy Muffin Recipes, Healthy Smoothies, Healthy Egg Recipes and ... Only! (Low Calorie & Fat Recipes Book 1) The Dalai Lama : The Best Teachings of The Dalai Lama, Journey to a Happy, Fulfilling and Meaningful Life ! Grace for the Moment: Inspirational Thoughts for Each Day of the Year Grace for the Moment Volume II: More Inspirational Thoughts for Each Day of the Year Happy, Happy, Happy: My Life and Legacy as the Duck Commander Dropping the Baby and Other Scary Thoughts: Breaking the Cycle of Unwanted Thoughts in Motherhood Overcoming Unwanted Intrusive Thoughts: A CBT-Based Guide to Getting Over Frightening, Obsessive, or Disturbing Thoughts Behind my eyes: thoughts of the average teen: thoughts of the average teen The Pregnancy Journal, 4th Edition: A Day-to-Day Guide to a Healthy and Happy Pregnancy Whole Health for Happy Cats: A Guide to Keeping Your Cat Naturally Healthy, Happy, and Well-Fed (Quarry Book) Day Trading: Make Hundreds Daily Day Trading One Hour a Day: Day Trading: A detailed guide on day trading strategies, intraday trading, swing trading and ... Trading, Stock Trading, trader psychology) The Happy Granny Smoothie Book and Fiber Primer: Using Smoothies and Juices to Get Your Five-a-Day and Regain a Happy Tummy Inspirational Thoughts CD What No One Tells the Bride: Surviving the Wedding, Sex After the Honeymoon, Second Thoughts, Wedding Cake Freezer Burn, Becoming Your Mother, Screaming ... and Being Blissfully Happy Despite It All Zendoodle Coloring: Happy Thoughts: Joyful Encouragement to Color and Display Happy Feet, Healthy Food: Your Child's First Journal of Exercise and Healthy Eating Emotionally Healthy Spirituality Day by Day: A 40-Day Journey with the Daily Office Twin Flames and Soulmates Exposed: The Journey to Unconditional Love, Fulfilling Your Soulâ€¢s Purpose, and Reuniting with Your Spiritual Partner Herpes: A Comprehensive Guide To Thriving And Living A Proactive And Fulfilling Life (herpes, genital, std, sexual health,

sensual)

Contact Us

DMCA

Privacy

FAQ & Help