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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

Series: Inner Vision (Sounds True)

Audio CD

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Average Customer Review: 4.1 out of 5 stars 16 customer reviews

Best Sellers Rank: #827,986 in Books (See Top 100 in Books) #1 in [Books > Books on CD > Authors, A-Z > \( V \) > Vanzant, Iyanla](#) #208 in [Books > Books on CD > Reference](#) #773 in [Books > Books on CD > Health, Mind & Body > Self Help](#)

## Customer Reviews

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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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