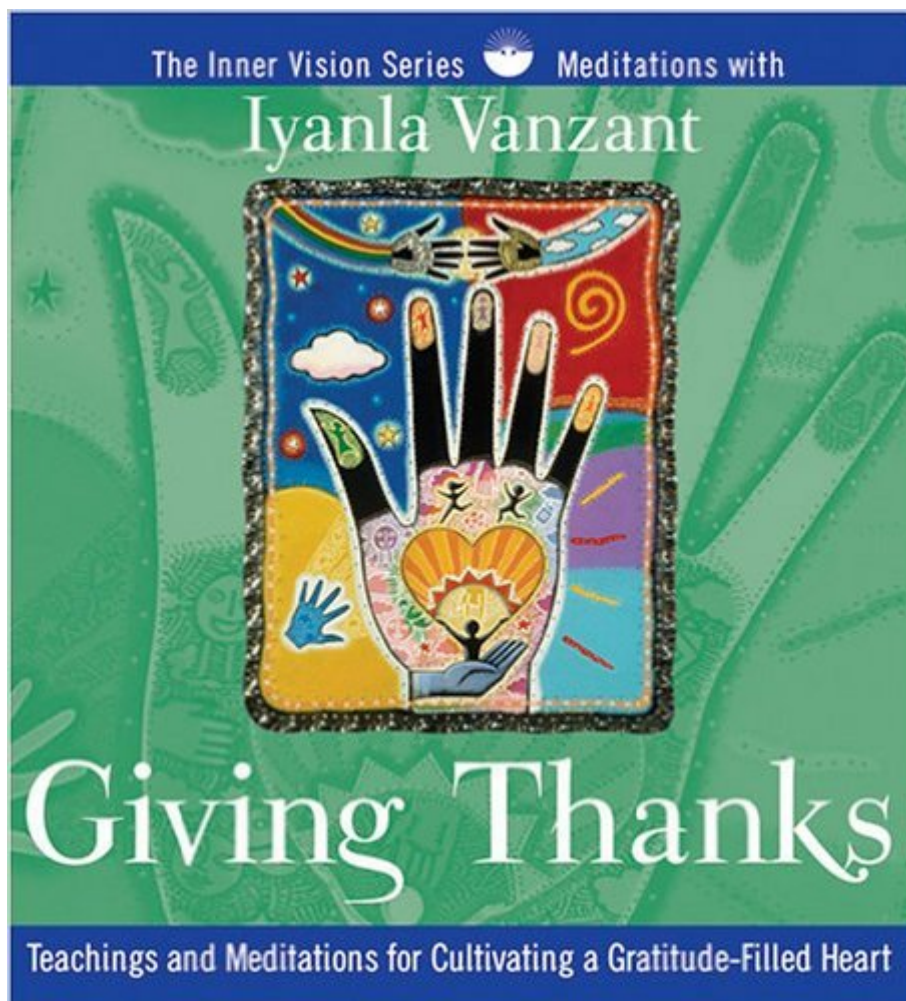


The book was found

# Giving Thanks: Teachings And Meditations For Cultivating A Gratitude-Filled Heart (Inner Vision (Sounds True))



## Synopsis

The expression of gratitude has profound and immediate effects on our physical, emotional, and spiritual well-being. Our lives are transformed simply through the daily practice of taking note of our blessings. On Giving Thanks, bestselling author Iyanla Vanzant gently guides you into a state of remembrance itself through meditation and visualization exercises, awakening you to each of the gifts that surround you but often go unnoticed. Vanzant teaches you how to nourish this innate wisdom of appreciation, and to sow the benefits of this simple yet transformative action.

## Book Information

Series: Inner Vision (Sounds True)

Audio CD

Publisher: Sounds True (March 1, 2005)

Language: English

ISBN-10: 1591792495

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Product Dimensions: 5.3 x 0.6 x 5.8 inches

Shipping Weight: 2.4 ounces

Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (5 customer reviews)

Best Sellers Rank: #1,719,683 in Books (See Top 100 in Books) #6 in [Books > Books on CD > Authors, A-Z > \( V \) > Vanzant, Iyanla](#) #424 in [Books > Books on CD > Health, Mind & Body > Meditation](#) #482 in [Books > Books on CD > Health, Mind & Body > Relaxation & Meditation](#)

## Customer Reviews

I recently purchased this CD because of Iyanla's appearances on Oprah's Life classes. I know how important gratitude is in my own life and appreciate Iyanla's GIVING THANKS CD. This recording helps me maintain a daily practice of being grateful. The meditations are guided with visualization exercises, not difficult to follow.

All her books are very helpful

wonderful book!

love it

I ordered this product expecting delivery in a week or so and also ordered it from my local library to check out prior to receiving my own copy and before the library even contacted the product had arrived. Wow!!

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