



Living from Your Center: Guided Meditations for Creating Balance & Inner Strength (Inner Vision Series)

Iyanla Vanzant

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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.

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