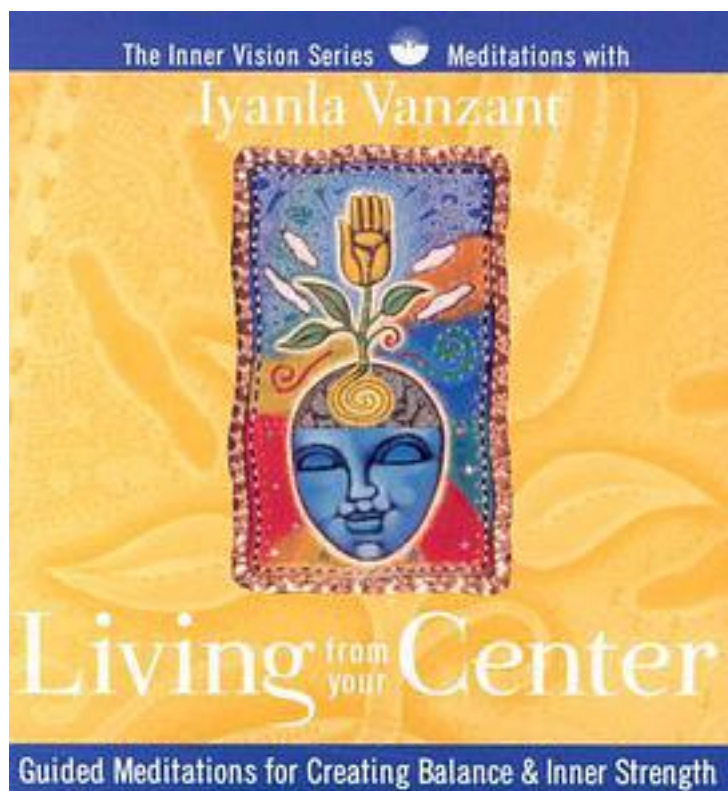


Living from Your Center



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著者:Iyanla Vanzant

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Living From Your Center is the first entry in Sounds True's new Inner Vision Series featuring bestselling author Iyanla Vanzant. This guided practice CD serves as a tool for finding balance and inner strength in your life. The listener will learn: how love, faith, forgiveness, and surrender are steps to gaining spiritual power, how to identify your center and access it for strength in any situation, and Iyanla Vanzant's personal guided meditations for healing, clearing, balancing, and more.

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