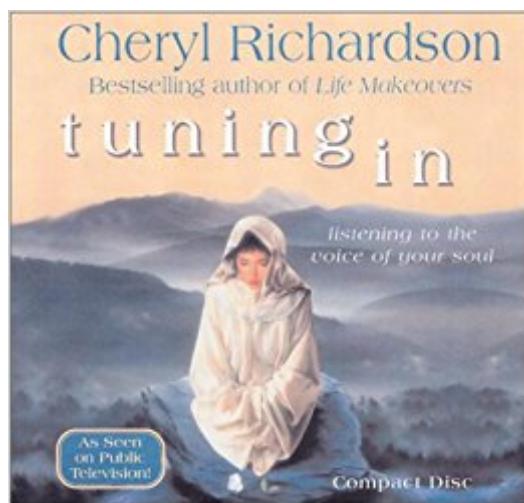


The book was found

Tuning In (Listening To The Voice Of Your Soul)



Synopsis

There is a great power that resides deep within you. This power, a wise inner mentor, is the voice of your soul. When you learn to access and use its wisdom, you make the highest choices for your life. The guided relaxation process on this CD is designed to help you turn your vision inward so you can stay connected to this wise inner voice. Listen to the introduction first. Then, follow the simple 10-minute process. Use this segment for as long as you'd like until you're ready to lengthen the duration of time. Then, move to the 20-minute segment and continue on through the series. There is no "right" way to use this CD. Whether you use the 10-minute segment or the 30-minute one, the important thing is to create a daily habit of "tuning in." As you get in the habit of listening to the voice of your soul, it will guide you to live your most authentic life.

Customer Reviews

Cheryl Richardson, author of The New York Times bestselling books *Take Time for Your Life*, ISBN: 0767902076, *Life Makeovers*, ISBN: 0767906632, and *Stand Up For Your Life*

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