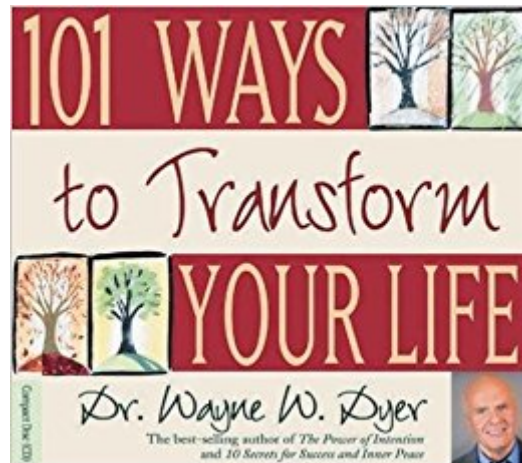


The book was found

101 Ways To Transform Your Life



Synopsis

Offers you 101 ways to make your life more fulfilling and enjoyable.

Book Information

Audio CD: 1 pages

Publisher: Hay House; Abridged edition (April 1, 2004)

Language: English

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Average Customer Review: 4.5 out of 5 stars 102 customer reviews

Best Sellers Rank: #151,778 in Books (See Top 100 in Books) #38 in [Books > Books on CD > Health, Mind & Body > Relaxation & Meditation](#) #41 in [Books > Books on CD > Health, Mind & Body > Meditation](#) #111 in [Books > Books on CD > Health, Mind & Body > Self Help](#)

Customer Reviews

WAYNE DYER Dr. Wayne W. Dyer, affectionately called the "father of motivation" by his fans, is one of the most widely known and respected people in the field of self-empowerment. He became a well-known author with his bestselling book, *Your Erroneous Zones*, and has gone on to write many other self-help classics. Despite his childhood spent in orphanages and foster homes, Dr. Dyer, who has a doctorate in counseling psychotherapy, has overcome many obstacles to make his dreams come true. Today he spends much of his time showing others how to do the same. When he's not traveling the globe delivering his uplifting message, Wayne is writing from his home in Maui, Hawaii.

DEEPAK CHOPRA Deepak Chopra has written more than twenty-five books, which have been translated into thirty-five languages. He is also the author of more than one hundred audio- and videotape series, including five critically acclaimed programs on public television. In 1999 *Time* magazine selected Dr. Chopra as one of the Top 100 Icons and Heroes of the Century, describing him as "the poet-prophet of alternative medicine." Dr. Chopra currently serves as CEO and founder of The Chopra Center for Well Being in La Jolla, California.

These nuggets of ideas & information helped me through a tough divorce. It was very soothing, relaxing and eye opening to listen to this over and over again in the car. It would calm me, make me think, help me grow and more. I have given a few as gifts.

It's decent. Simple list of ideas, the majority of which are good, basic, simple reminders. Something to play in the car to remind one of what's important. We might not need a CD for this, but if we do, here it is. It is good. I would listen to it now and then. I would not say it is something that I enjoyed enough that I would give it as a gift.

Beautiful CD with wonderful messages by the forever missed Dr. Wayne Dyer! Invest in your personal spiritual journey by purchasing this CD. You will feel enlightened when listening to this!

I love Dr. Wayne, and I have dozens of his books, cd's, and dvd's. This is a great doorway into a deeper spirituality. It's a nice mellow audio de-stressor. I think that in the day to day stresses of life, we sometimes forget what is REALLY important. It's nice to have some nice reminders so we can view our lives with fresh eyes. If you're having a bad day or going through a hard time, this cd is perfect. It's my favorite Dr. Wayne to give as a gift. I have given 4 of these away as gifts. Since it's not a story, but it's in a gentle list format, you can stop it at any time and come back to it later. Even if you're only passing through, and you catch 5 minutes of it, it will leave you with a little seed of deep thought.

already listen several times.. would order more like this.. very uplifting learn-able techniques and encouraging dialouge.. I love Dr. Wayne Dyers approach to helping us understand our inner dialogue.. I would order more of this encouraging type Cds DVDs Thanks

Love the bite-sized suggestions that Dyer offers on this CD. It's not overwhelming and his ideas feel easy to put into action. It's one of my favorite works of his.

If you are looking for some food for thought that could be used on a daily basis this is for you. I listen to it when I'm driving and as he says each of the tips I decide which one I want to think on for the day. If you love Wayne you will love this.

Can never get enough of Dr. Wayne Dwyers Insight in how to change your life for the better. He has forever changed my world with his awesome wisdom and insight into life. LOVE this CD.

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