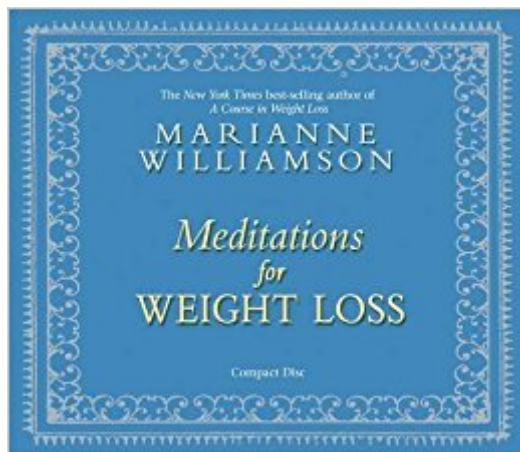


The book was found

# Meditations For Weight Loss



## Synopsis

Surrender your weight forever! If you are a food addict, a compulsive eater, or someone who for any reason sees food as the enemy, *Meditations for Weight Loss* will set you free. With this CD, Marianne Williamson provides a new beginning—one that will alter your patterns of self-sabotage and allow you to release feelings of failure, self-hatred, and regret. These meditations and reflections on conscious weight loss will put you in touch with the deepest, strongest parts of yourself; and when you focus your attention on the spirit within you, you shift your relationship with yourself—and your body—from one of fear to one of love. The more you practice these empowering meditations, the more you will become attuned to the wisdom of your spirit . . . and your body will regain its natural intelligence as well, leading to a new perspective on food and weight . . . and a joyful sense of serenity.

## Book Information

Audio CD: 1 pages

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Language: English

ISBN-10: 1401931871

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Product Dimensions: 0.7 x 5.1 x 5.8 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 3.9 out of 5 stars 58 customer reviews

Best Sellers Rank: #561,268 in Books (See Top 100 in Books) #145 in Books > Books on CD > Health, Mind & Body > Relaxation & Meditation #240 in Books > Books on CD > Health, Mind & Body > General #504 in Books > Books on CD > Health, Mind & Body > Self Help

## Customer Reviews

Marianne Williamson is an internationally acclaimed lecturer and the best-selling author of *A Return to Love*, *Healing the Soul of America*, *A Woman's Worth*, *Illuminata*, *Everyday Grace*, *The Gift of Change*, and *The Age of Miracles*, among other works. Williamson has done extensive charitable organizing throughout the country in service to people with life-challenging illnesses (she founded Project Angel Food in Los Angeles). She also founded the grassroots campaign to establish a U.S. Department of Peace. To learn more about Williamson's work, and to join her e-mail list for notices regarding her lectures and events, visit her website.

Started listening to the CD in the car (not meditating in the car, mind you) and it is just wonderful. I noticed a better connection to the book while using this CD. My actual weight loss began when I added the CD to my program. It helped me become more aware, more connected, and kept me working the lessons. I'm down 5lbs and I am motivated to keep going!

The bottom line is that Marianne Williamson has somehow has gotten into the brains and hearts of those of us with issues with food. These "prayers" are the perfect support for whenever you are challenged. They are great as a supplement to the book or even on their own. The meditations for dining out or with friends and the grocery store meditation are the perfect centering meditations for resetting yourself. The compassion is abundant on this disc and I highly recommend it. Let the self love begin.

If you've purchased the Course In Weight Loss by Marianne Williamson then these Meditations and Prayers are the perfect compliment - and if you haven't purchased the Course In Weight Loss - then these meditations and prayers are perfect all by themselves for keeping you connected to Source - your God - whomever that may be .. in regards to eating, shopping for food, preparing food or going out to eat with friends. There is a meditation for each of those items and 4 prayers as well that are brilliant in their ability to allow you to connect to Source and release any thoughts that keep you on a path of over eating - or eating unhealthy foods. I love waking up in the morning and praying with Marianne - and then doing one of the meditations. I find that they are all wonderful and would recommend them to anyone facing any kind of eating issues.

The meditations , music, and prayers are amazing. Marianne's beautiful, soothing voice adds to the Holiness. The final part-Meditation for a Light Filled body fills the subconscious mind. "The Light has come and all is new." "Drink in the elixir of God's Love." This CD adds so much to the Book-so much more than I could have imagined.

These meditations are just too wordy and I could not concentrate on the actual meditation itself. Eventually gave this set to a church thrift shop.

Always another view on compulsive overeating.

This cd is okay. I was hoping for a little less talking, and more relaxing music to help put you in a

relaxing mood. I have had other self-help cd's in the past, and for the most part, they tend to help you relax and to focus on the subject at hand. This lady talks throughout the whole cd, and by the time it was over, I was ready to throw it up against the wall. I am sure some people will really like this tape, but it just wasn't my style.

This is an incredible CD! I absolutely love it. These beautiful meditations connect me to the divine in such a beautiful way. Thank you Marianne.

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