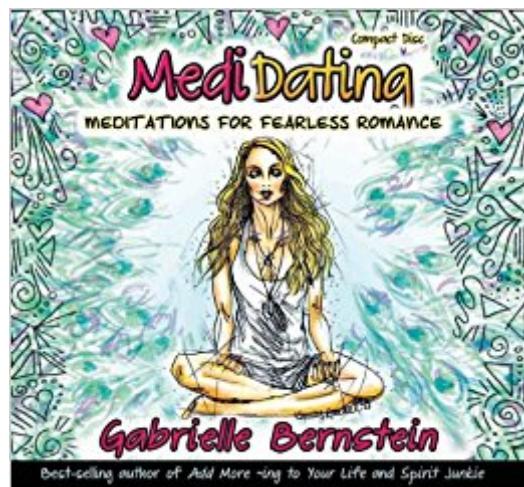


The book was found

Medidating: Meditations For Fearless Romance



Synopsis

MediDating is unlike any other relationship program out there. In this 11-track guided meditation, best-selling author Gabrielle Bernstein helps you release romantic illusions, overcome fears and insecurities, activate your attracting power, and manifest love into your life. Many people carry disastrous relationship experiences from the past into the present moment. Holding on to anger from the last date who didn't call you back inevitably transfers negative vibes to the next one. This anger sabotages the possibility of creating a healthy new relationship, keeping you rooted in your history instead of the now. By relaxing into a state of peaceful awareness, you can learn to let go of past resentments and clear space for love. Through simple breathing exercises, visualizations, and mental reconditioning, you'll simplify and enhance your dating experiences, all the while using your inner guidance to find the perfect partner. Well, what are you waiting for? Release your romantic delusions and start MediDating today!

Book Information

Audio CD

Publisher: Hay House; unknown edition (September 15, 2011)

Language: English

ISBN-10: 1401938051

ISBN-13: 978-1401938055

Product Dimensions: 5.7 x 0.6 x 5 inches

Shipping Weight: 2.4 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 20 customer reviews

Best Sellers Rank: #159,472 in Books (See Top 100 in Books) #39 in Books > Books on CD > Health, Mind & Body > Relaxation & Meditation #44 in Books > Books on CD > Health, Mind & Body > Meditation #128 in Books > Books on CD > Religion & Spirituality > General

Customer Reviews

Featured on Oprah's Super Soul Sunday as a next generation thought leader, Gabrielle Bernstein is making her mark. Gabrielle is the New York Times Bestselling Author of the book *May Cause Miracles*. Her earlier titles include *Add More Meaning to Your Life* and *Spirit Junkie*. Gabrielle is the founder of the social networking site HerFuture.com for women to inspire, empower and connect. Youtube named Gabrielle one of 16 Youtube Next Video Bloggers, she was named one of Mashable's 11 Must-Follow Twitter Accounts for Inspiration and she's featured on the Forbes List of 20 Best Branded Women. Gabrielle has a monthly segment on the Today

show and weekly radio show on Hay House Radio and is an expert curator for Opensky. She has been featured in media outlets such as The New York Times Sunday Styles, ELLE, OWN, Oprah Radio, Anderson Live, Access Hollywood, Marie Claire, Health, SELF, Women's Health, Glamor, The New York Times Thursday Styles, Sunday Times UK, featured on the cover Experience Life and Self-Made Magazines (top 50 Women in Business) and many more.

Simply fabulous! This album helps open your mind and release your fears about romance! With several different topics it covers the whole spectrum of relationships and love.

best album of this genre.hands down.

love it

Great meditations!

A nice meditation cd.

Gabby's meditating CD has helped me in so many ways. From letting go of illusions to before date meditations. I am so grateful!

This is such a great CD to come back to time and time again. I just pop out a meditation anytime I'm feeling lost in the dating game.

Great message but her voice is not relaxing at all, a little too aggressive for me. The background music is soothing but I almost feel like I'm being ordered to "shut your eyes!" at the beginning of each new mediation. Hopefully Gabrielle can use a more soothing voice in any upcoming meditation cds.

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