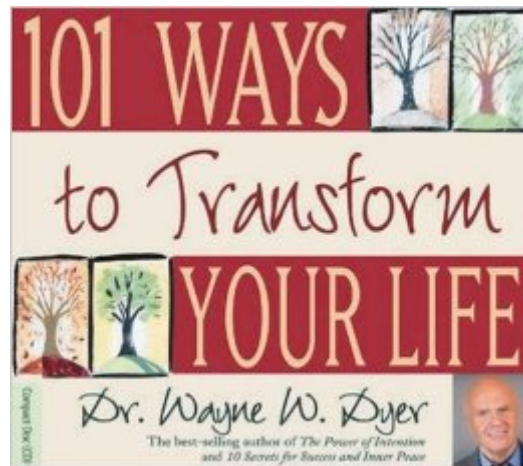


The book was found

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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Shipping Weight: 0.8 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (87 customer reviews)

Best Sellers Rank: #49,260 in Books (See Top 100 in Books) #18 in [Books > Books on CD > Health, Mind & Body > Relaxation & Meditation](#) #20 in [Books > Books on CD > Health, Mind & Body > Meditation](#) #40 in [Books > Books on CD > General](#)

Customer Reviews

Dr Dyer has given us a very simple way to truly transform our lives. I know that I listened to this CD for a solid month and the universe changed around me. I found a very lucrative job, a way to financial peace and a way of life that brings me great joy and peace. It is a priceless recording that will, if you listen and change the way you think, transform your life into a beautiful journey.

NAMASTE

I came across this CD at wholefoods supermarket by accident. I took it home listened to it and was very pleased. There was a lot of knowledge and wisdom from his many books and tapes and was put together in 101 ways to transform your life. Aside, from the excellent content it is nice to be use as a meditation tape. I put it on and go to sleep and always awaken refreshed and positive. I gave it to my adult son who is going through challenges with his wife and family and he said he did feel peaceful after listening to this tape. After listening to it again, I decided that if a person is not into positive thinking or metaphysical thinking then this is not the first tape I would recommend. I think it depends on the person but I would not recommend it to someone who has never read or listened to self help material as the first tape. This is a great CD. I highly recommend it. F.J.

I absolutely LOVE this audio book. Dr. Wayne Dyer's voice is very soothing and he makes his

message simple to relate to and understand. I listen to this book when I go to sleep at night; It helped me greatly when I was recovering from depression and I still listen to it regularly now. The suggestions are very simple and help put daily challenges in a perspective that makes them manageable. He also mentions how God has a plan and how He is part of us. This audio book is a must, especially for such a cheap price - just skip your daily latte once, this is well worth it.

I've been playing this CD in my car and listening to bits at a time. Some of the ideas are repeated, but this is good to help one to remember what was said. Very helpful on the way to work to give me a better attitude about facing the day. If you really don't have the cash for this, I'm thinking there's probably a used book somewhere. Even if you only listen/read this once, it can give you some new perspective on your life and the people in it. xox

This review is a heads up to people who have "been on the spiritual path" (so to speak) for awhile. Although I enjoy much of Dyer's work, this CD was a disappointment. Maybe I've been studying spirituality and metaphysics too long at this point, but it felt like going back to spiritual grade school. Still, I would not give it 3 stars based on only that. This CD lacked editing. Of the 101 things, I would say 40-50% were basically repetition of the same concepts, with very slightly different wording over and over. And number 86 (I think it was), was an EXACT repetition, word for word - an error that could have been easily caught. Other than that, I was surprised how "religious" his statements came across, with undertones of shaming and lessons geared toward biblical commandments. Not to put that down (every teaching is valuable to a certain group of students), but to let you know in case it's not what you are looking for.

At first I was disappointed in receiving the CD version. I had intended to order the book. However, upon opening and using it and listening to Wayne Dyer's mellow voice, I was very favorably impressed. Though most of the suggestions listed were things I already knew, or had been told, I was audibly reminded of their importance by a man whose opinion I have come to value. I am now considering purchasing the book, also, so that I have visual access to a particular listing that seems to fit a particular situation. This will make an excellent gift for a college graduate, in my opinion. Elaine Roush, OHIO

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.

I think this is a fantastic, life changing CD, for a person who wants to feel better about him/herself and interact with others without friction. I keep it in the CD player in my car and listen to it frequently when I commute or just travel around. Highly recommend it for anyone who wants to be happier and worry free. (bought 5 copies for my family)

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