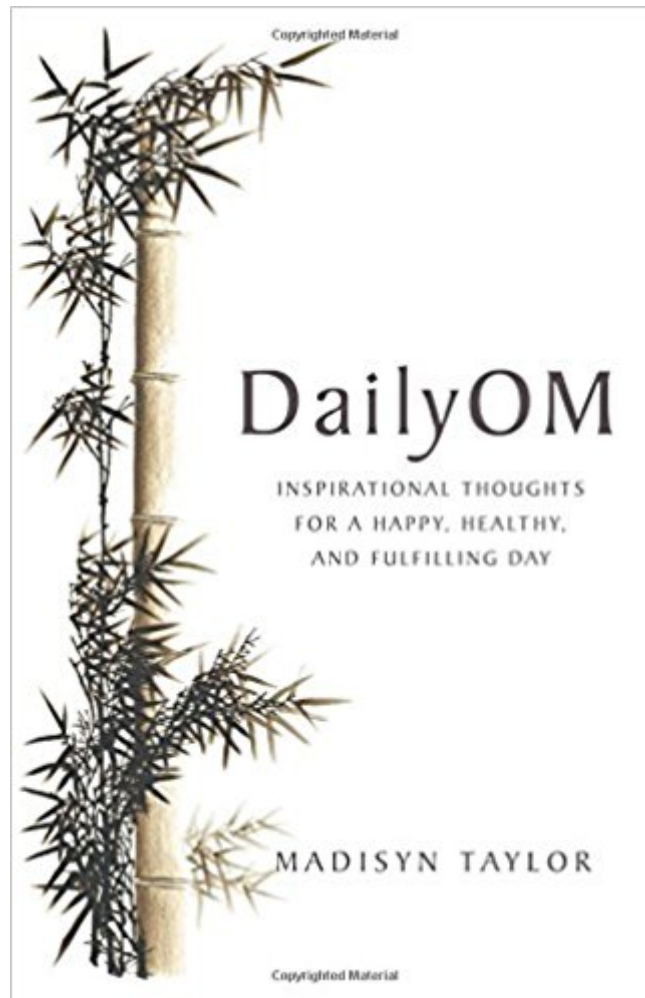




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DailyOM: Inspirational Thoughts For A Happy, Healthy, And Fulfilling Day



Synopsis

This inspirational book delivers messages of healing, awareness, and well-being. A companion to the popular DailyOM Website, it is a valuable guide that will enable you to find balance and wellness through conscious awareness. As you read these passages, which touch on topics including meditation, relationships, nature, and more, youâ€™ll see that theyâ€™ll make the journey of your life much more meaningful. The gentle and affirming wisdom contained within these pages is intended to make each of your days a little happier, less stressful, and more satisfying. It will introduce you to elements of Mother Natureâ€™s majesty that you may never have noticed before, guide you as you discover the inward peace youâ€™ve longed for, and inspire you to embrace change in every corner of your existence. As you open your mind to the possibilities contained within, youâ€™ll discover that the power to create a fulfilling and more purposeful life was in you all along.

Book Information

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Customer Reviews

Madisyn Taylor is the co founder and editor in chief of DailyOM and is responsible for all the content on its Website. She is also the founder and head of product development for the successful aromatherapy and spiritual-jewelry line eponymously named Madisyn Taylor. When not writing or developing products, Madisyn can be found in her garden playing with her cat, Zoe, and being at one with nature near her home in Ashland, Oregon. --This text refers to an out of print or unavailable edition of this title.

This has been a life-changing book for my husband and me. He read this book to me when I was suffering from anxiety and depression. Morning after morning, I would lie on the couch while he read. I found it calming, and it helped me focus on something other than my anxiety and depression. At first, I was unable to discuss it with him, but gradually, with time, counseling and medication, I got better, and we began having wonderful discussions about each day's reading and how it applied to our lives. At some point, we began taking turns reading. We took this book on trips with us, and would read it in our car or hotel room. If we missed a day, we missed it. When we finished, we tried several different inspirational books, but so far, nothing has compared. I've just ordered DailyOM: Learning to Live, and look forward to reading it. I'm feeling much better these days, and my counselor tells me whatever I've been doing, keep doing it! At some point, we will re-read DailyOM: Inspirational Thoughts for a Happy, Healthy, and Fulfilling Day. It's that good, and will be a permanent part of our library as a "go to" book when we need gentle guidance with a positive perspective. I can't recommend it highly enough. Brava!

I am already on the email list for DailyOm for years now. It was especially helpful when I would arrive at work, open my email and read it before the day started. I have shared the site with a few friends and since purchasing the book, will be sure to give as gifts on Friendship Day in August. I have been reading the Learning to Live in the morning and DailyOM: Inspirational Thoughts for a Happy, Healthy, and Fulfilling Day in the evening just before bed. I am not as consistent as I would like but enjoy it and think this would be great as a book club choice to discuss.

Daily Om is great

Perfect for a waiting room or exam room in a clinic for patients to read, been signed up for these emails for 3 years now.

Love this book!!

I belong to the DailyOM daily email list and this book is basically all of the best ones put into a book. Even though I belong to the email list, I still HIGHLY recommend this book. It makes a wonderful coffee table (or bathroom) book. Randomly open the book and the story is inspiring and thought provoking. Everyone interested in self-help, philosophy or the law of attraction, what the bleep kind of things should have a copy of this book.

I recently started to do yoga and noticed my teacher was reading quotes out of this book. I decided to buy it because I loved what she was reading to us. I read it daily and it keeps me feeling positive and calms me before I start my day.

Most people have their morning coffee or tea to wake up the body. This little book is like coffee for the soul. Not only does it offer practical suggestions, but it also wakes up the brain causing us to think. Going to buy more to give to family and friends.

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