



Giving to Yourself First (Inner Vision (Sounds True))

Iyanla Vanzant

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The most important relationship you will ever have is the relationship you have with yourself, teaches Iyanla Vanzant. It's the model for every other relationship you enter into.

On *Giving to Yourself First*, the bestselling author of *In the Meantime* reminds us that in order to genuinely love others, we need to love ourselves more. Through a series of eloquent meditations, she teaches listeners how to cultivate self-acceptance and strengthen self-esteem, to allow them to better assist, support, and serve the people they love.

Reviews

"Vanzant delivers sensible advice in a no-nonsense, this-is-good-for-you style." *Library Journal*

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