

Guided Meditation for Discovering You

Living life with confidence, direction and peace
(with nature sounds)

By Diane L. Tusek

"...difficulties in life are meant to be teachers. Those lessons will always be a part of you. They can help you discover not only what you need in life, but most importantly, what you *truly* are capable of.."

Uses: Anxiety, ADD, Relaxation, Confidence, Cancer, Depression, Headaches, Procedures, Weight Loss, Pain, Sleep, and more.

Guided Imagery Inc.

Running Time: 45 Minutes
Unabridged

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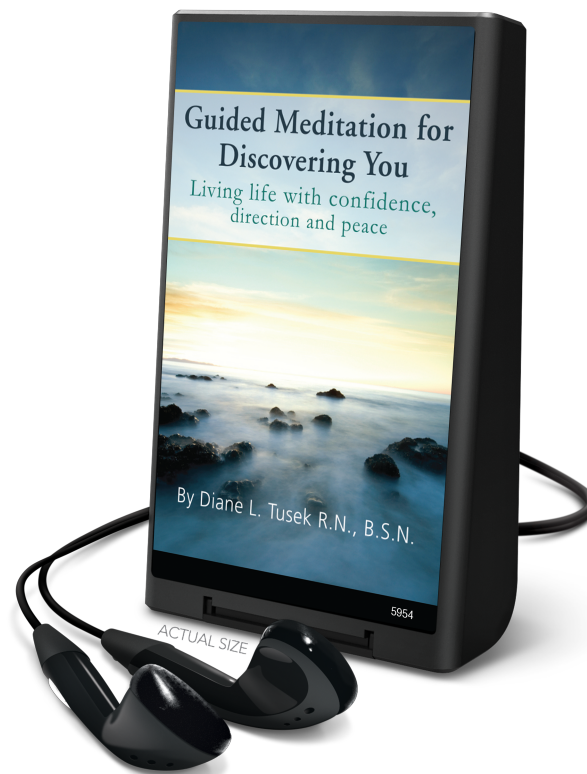


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