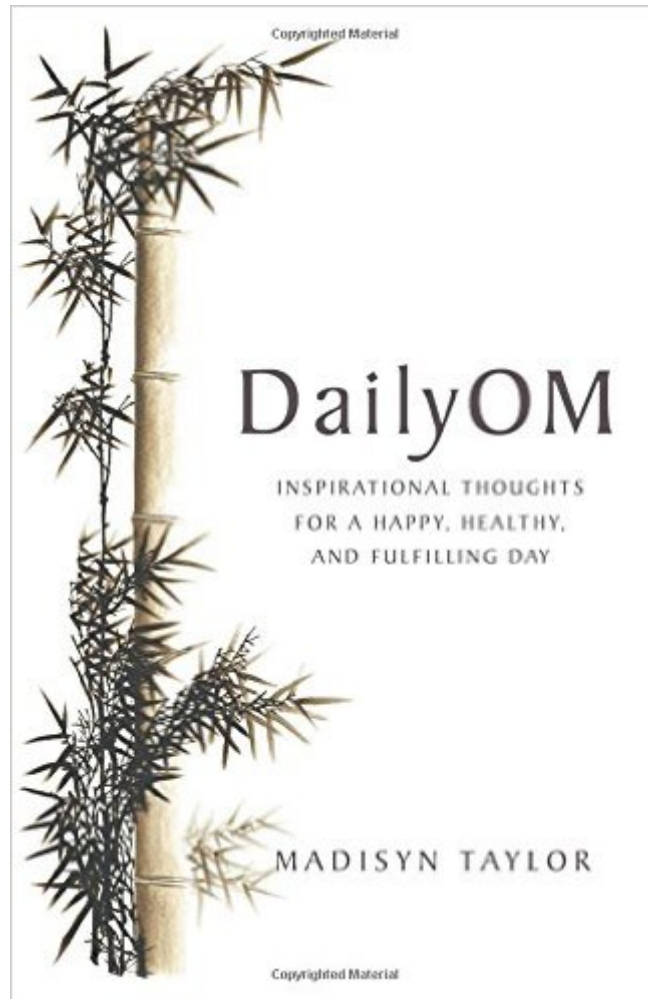


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# DailyOM: Inspirational Thoughts For A Happy, Healthy, And Fulfilling Day



## 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

I received the book early, and am reading a short section before starting each day. Such a tiny bit of time invested, only 3 or 4 minutes, and I am uplifted and have something thought provoking to contemplate. Surprisingly deep without seeming so, instructional without sounding preachy, and profoundly inspiring, Madisyn Taylor truly provides an easy little boost to the development of each of us and ultimately to humanity. What a joy to be able to enjoy the Daily Om before turning on the computer first.

I read the e-mailed Daily OM's with great expectations, as the author seems to have the same outlook about life on this beautiful earth as I do, i.e. we are souls incarnated on this earth as part of a learning experience to eventually fully unite with the Universal Being. The book contains a collection of inspirational thoughts and advices, each on one page, exactly as in the e-mails. I love the photos the author adds on the e-mailed OM's. They also are inspirational. It would have been nice to have these same images printed in the book as well, although I believe it would make the book a little more expensive. But, what are a few dollars more relative to happiness and harmony on this beautiful earth ...Kind regards,Vladimir Koutitonsky,Canadian oceanographer.

Daily Om, the book, is a great way to kick start the day. I leave it to chance and just open the book and read what is there. Between the Daily Om book and the website I have sufficient nudging to begin thinking about each day and to discover what wonderful opportunities for growth await me. The book is really well organized and well written. It provides a great resource for meditation and self-discovery.

I subscribe to the DailyOm emails, and didn't think the book would offer any other than the ones already "published" via email - WRONG! Madisyn has truly offered comforting selections that really do help you feel better.Easy to read format, not too long, and great words to hold in your heart to get yourself out of a bad day or a long-time rut.I find myself making sure to keep this book close at hand - I don't usually keep ANY book close at hand because I own too many.If I were to get rid of all my books except for one, I would keep my DailyOm.WAY TO GO MADISYN! Thank you for your wonderful contribution.

DailyOM: Inspirational Thoughts for a Happy, Healthy, and Fulfilling DayI had been receiving the DailyOm via email for only a short while and saw that a "companion book" had been published. When I received the book, I had no idea how wonderful it was going to be. The topic passages deal with all different types of daily experiences, emotions, etc. in a positive manner, presented in a manner which is easy to read and understand, and always leave me feeling full of hope. I highly recommend "DailyOM" to anyone who would like add an inspirational book to their library (and daily meditations). This another great publication from Hay House.

I always look forward to reading the Daily Om on my email, so was eagerly waiting for Daily OM: Inspirational Thoughts for a Happy, Healthy and Fulfilling Day to be published.It did not let me down.

Madisyn Taylor has written a guide book to help raise your conscious awareness and find serenity, peace and wholeness. This book is truly a gift for your body, mind and soul. Pick it up whenever you need to feel centered and in the present. I intend to keep a copy on my desk for those stressful moments...Daily Om covers numerous topics, including mediation, nature and relationships. I was most impressed with the section on Mother Nature, because our connection to nature is so crucial to our well being. Additionally, awareness and respect of animals, plants and the environment makes us aware of its frailty and we become more likely to act as the stewards of the planet that we are. This book encourages the reader to discover their purpose in life and is a very satisfying read. By the author of the award winning book, Harmonious Environment: Beautify, Detoxify and Energize Your Life, Your Home and Your Planet

I begin my day with the DailyOM....inspirational messages delivered right to my Inbox. Through the DailyOM, I uplift and raise my consciousness to a higher vibration each and every day. Now those messages of healing, awareness and well-being are brought together into a perfectly marvellous book. Yes, this book like the emails also inspires!!!! If you're looking for inspiration, growth and healing than this book is perfect. Another book that I recommend is "Nexus: A Neo Novel" - A fascinating journey of people at a spiritual retreat! Book books together weave amazing insights for inner transformation and growth!

The website DailyOm has been an inspiration to me and everyone I shared it with. I was so excited when they decided to put these inspirational thoughts into a book. I have purchase 20 copies so far and everyone I have giving it to LOVES it. I know that these Inpirational Thoughts have assisted many people in their daily lives and I know it has been very inspiring to me. Thank You Thank You Thank You!!!! SG/SLC,UT

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