

By Iyanla Vanzant In The Meantime Finding Yourself And The Love You Want 1221998

“The most powerful spiritual healer, fixer, teacher on the planet.” —Oprah Winfrey

In this companion volume to her bestselling book *Acts of Faith*, bestselling author and star of “Iyanla: Fix My Life” discusses the “valleys” that cause stress and imbalance for women and explains how women can cleanse their minds and promote a healthy foundation for living in the modern world. A Note from Iyanla Vanzant Beloved friend, When this little book was first published many years ago, it became a beacon of light for many people who found themselves time and time again in one valley or another. Valleys are nothing new for any of us. Some of you may be in a valley right now, or, since you never know what’s around the corner, you may be on the brink of tottering into yet another valley. Or maybe you’ve just survived a valley that you swear you’ll never revisit—but guess what? That’s precisely the valley you’ll probably see again. And again. Being in a valley can be a lonely and bewildering experience. This book was written to help you feel less lonely by reminding you that you really aren’t ever alone since God is always by your side, but more important, you are always by your own side. No matter how dire the situation may seem, no matter how dark and bleak the valley may be, you have all you need within you to survive the valley—any valley. Even though you may not know how you got into the valley in the first place, you do know, deep inside yourself, how to get through and out and free. You just need a little faith in yourself and a little guidance to find that faith within yourself. When you are at your wit’s end, take this little book and let it guide you toward the ever-present but often elusive light at the end of the tunnel. Faith in the Valley is designed to help you find the light when you need it most—when you’re in that damn tunnel. When you’re most confused and in the dark and clueless as to how you got there (again!) and when you’re trying to figure out not just how to get out, but stay out. For good. Faith in the Valley has helped so many through so much that we felt it only fitting to issue this lovely gift edition to acknowledge the special place it holds in many hearts. Please share it with a friend who has served as your beacon in the past, or offer it to yourself as a reminder of the strength and wisdom you possess and can offer to others. Iyanla

Tradepaper edition of the latest book from #1 New York Times best-selling author and legendary spiritual life coach Iyanla Vanzant. This book of practical prayers, affirmations, and meditations is tailored to our modern problems and day-to-day difficulties. Today--as repeated attempts to "fix ourselves and our lives" fail--many of us face unprecedented fears about the future, struggle with unspeakable life tragedies, and sink under the belief that certain lives do not matter in our society. Others confront our epidemic of anxiety with fierce resistance, or "the fight to be right," criticizing anyone and everyone just to end up stuck. In the face of such pervasive human suffering, New York Times best-selling author and legendary life coach Iyanla Vanzant challenges us: What if it's

not them--what if it's you? What if you need to "get over it"--and get over yourself? Because no matter how much we would like to blame people and circumstances beyond our control, the truth is staggeringly simple: anything and everything we experience is a function of what and how we think. In *Get Over It!* Iyanla offers a unique spiritual technology called "thought therapy," a process that harnesses proven spiritual tools with the science of neuroplasticity. The 42 prayers and affirmations, and complementary energy-clearing tools at the heart of the thought therapy process are designed to neutralize and eliminate the unconscious, unproductive, soul-destroying dominant negative thought patterns (DNTPs) and discordant emotional energies, allowing you to get to the root cause of your personal suffering, and make life-affirming choices. If you're ready to break free of your ego's resistance and willing to face yourself, willing to change, and willing to heal and grow--then now's the time to *Get Over It!*

"The most powerful spiritual healer, fixer, teacher on the planet." —Oprah Winfrey

Is it the job you hate but need in order to pay the rent? Is it that relationship that you gave your all to only to end up with a broken heart...again? Perhaps it's your children, a family member or a lifelong friend doing you in, dragging you down, pushing you to the brink. If you are an honorary member of the Black Woman's Suffering Society, you have probably been told that it's all your fault. Or that struggling and suffering is your lot in life. Iyanla Vanzant says NO! Life is an Act of Faith and suffering is optional! Those everyday challenges, obstacles, and dilemmas are what Iyanla calls valleys. As bad as they may seem, there is a purpose or, as Iyanla says, "There is so much value in the valley." Valley experiences open your eyes to the things you know but have difficulty facing and accepting. Valleys challenge your fears, strengthen your will, correct your misperceptions, and give you valuable insights into yourself, the world, and the people around you. Those dark, bleak, ugly experiences that make you most uncomfortable can help you to grow. Valley experiences let you know it is time to do a new thing in a new way. You may grit your teeth and dig in your heels, but, as you will see, that new thing can be daring, exciting, and even fun. If you learn your valley lessons well, you are bound to shake other people up too. Good! You need to display your brilliance and move into your own grace. You've got the power, and your thoughts, deeds, and actions are your ticket. When you muster up the strength to change how you do what you've been doing, you find the way out of the valley. As Iyanla says, "Valleys are not one-size-fits-all." In fact, they are custom-designed to teach you how to reach your highest potential -- to be divine, prosperous, and in alignment with your highest and greatest good. If you've ever been disappointed, betrayed, rejected, abandoned, or just plain old scared to let go, then you've been or may still be in a valley. Iyanla knows -- she's been there, and on a bad day she's still there, but now she shares with you the way out.

'The healing has begun. It began when you picked up this book. The goal of these offerings is to assist the children of the earth in the redevelopment of their

minds, bodies and spirits . . . Buried deep in the earth are precious diamonds. In order to get to them, however, we must dig and dig deep.' In ACTS OF FAITH, life coach Iyanla Vanzant offers a inspirational passage for each day of the year, particularly aimed at people of colour. Vanzant considers that there are four basic areas that create stress and imbalance for people: our relationship with ourselves, our relationship with the world, our relationship with each other and our relationship with money. This book addresses all four issues in turn thus providing a meditative and uplifting guide to living successfully.

The revised and expanded 20th-anniversary edition of Iyanla Vanzant's first published work offers a powerful path to self-empowerment through the revitalization of one's spiritual and ancestral roots. Written with Iyanla's signature healing stories, this classic guide to uniting the will with the spirit teaches that only you have the power to make a change for the better. With chapters on basic breathing and meditation techniques, setting up a home altar, connecting with ancestors and guardian spirits, and the extraordinary power of forgiveness, this book is a perfect companion on the way toward the real you. Known for teaching by principle and example, this exclusive edition also contains Iyanla's special "What I Know Now" commentaries and an original CD. These tools will challenge you to stop struggling and start recognizing that it is possible to reconcile your humanity with your divinity. Whether you are a beginner on the path or a veteran in need of refreshment, Iyanla's prescriptions can support your growth from the comfort of spiritual adolescence to the wisdom of spiritual maturity. You no longer need to settle for the way things are . . . you can open up to the way things can be—if you dare to tap the power within!

Too many of us feel trapped in stagnant romantic, family, or workplace relationships. Weighed down by toxic thoughts and emotions, we might be quick to judge and slow to pardon, and self-righteous about our feelings as we dwell on memories of what we or others did (or failed to do). In this tradepaper edition, Iyanla Vanzant challenges us to liberate ourselves from the wounds of the past and to embrace the new power of forgiveness. With Iyanla's 21-Day Forgiveness Plan, you'll explore relationship dynamics with your parents, children, friends, partners, co-workers, bosses, yourself, and even God. With journaling work and Emotional Freedom Techniques (also known as "tapping"), you'll learn to live with more love; gain new clarity on your life, lessons, and blessings; and discover a new level of personal freedom, peace, and well-being. Forgiveness doesn't mean agreeing with, condoning, or even liking what has happened. Forgiveness means letting go and knowing that—regardless of how challenging, frightening, or difficult an experience may seem—everything is just as it needs to be in order for you to grow and learn. When you focus on how things "should" be, you deny the presence and power of love. Accept the events of the past, while being willing to change your perspective on them. As Iyanla says, "Only forgiveness can liberate minds and hearts once held captive by anger, bitterness, resentment, and fear. Forgiveness is a true path to freedom that can renew faith, build trust, and

nourish the soul."

Today—as repeated attempts to "fix ourselves and our lives" fail—many of us face unprecedented fears about the future, struggle with unspeakable life tragedies, and sink under the belief that certain lives do not matter in our society. Others confront our epidemic of anxiety with fierce resistance, or "the fight to be right," criticizing anyone and everyone just to end up stuck. In the face of such pervasive human suffering, New York Times best-selling author and legendary life coach Iyanla Vanzant challenges us: What if it's not them—what if it's you? What if you need to "get over it"—and get over yourself? Because no matter how much we would like to blame people and circumstances beyond our control, the truth is staggeringly simple: anything and everything we experience is a function of what and how we think. In *Get Over It!* Iyanla offers a unique spiritual technology called "thought therapy," a process that harnesses proven spiritual tools with the science of neuroplasticity. The 42 prayers and affirmations, and complementary energy-clearing tools at the heart of the thought therapy process are designed to neutralize and eliminate the unconscious, unproductive, soul-destroying dominant negative thought patterns (DNTPs) and discordant emotional energies, allowing you to get to the root cause of your personal suffering, and make life-affirming choices. If you're ready to break free of your ego's resistance and willing to face yourself, willing to change, and willing to heal and grow—then now's the time to *Get Over It!*

From the author of the bestselling "Simple Abundance" comes a provocative and powerful life "bible" for women around the world. In this insightful and eloquent book, Sarah Ban Breathnach explores the nine stages necessary to living authentically: Sensing, Surviving, Settling, Stumbling, Selling Out, Starting Over, Searching, Striving, and finally, Something More.

"You just can't trust anyone!" seems to be a constant refrain in the modern world. Indeed, learning to trust is one of life's most difficult lessons. "That's because trust is not a verb," says legendary life coach Iyanla Vanzant, "it's a noun. Trust is a state of mind and a state of being." In this wise book, the New York Times best-selling author and host of OWN's popular reality TV show *Iyanla: Fix My Life* reveals how to cultivate this liberating power—by exploring what trust really is, how to trust, and why to trust. She outlines the special rewards that come from mastering the four essential trusts: trust in God, trust in yourself, trust in others, and trust in life. And she challenges us to see how each of these are actually deeply interconnected. Too often our fear of whether or not we can really trust an individual or an institution and what they represent erodes our confidence and undermines our relationships. When trust is broken or there is a betrayal, it can bring us face-to-face with our shadow, revealing that someone has failed to live up to our expectations and thus "outs" our hidden beliefs. "You never get what you ask for; you always get what you expect," says Iyanla. When someone betrays our trust it reveals the high price paid for such deep disconnection. This book's pragmatic trust-building prescriptions demonstrate how communication, consistency, and cooperation can antidote trust-destroying behaviors and revitalize us with increased authenticity, greater resilience, and renewed peace in every part of our lives.

Everybody knows everybody else's business in Downtown, Tennessee. Neighbors while away afternoons at the local bar, swapping rumors about voodoo, incest, and illegitimate children. Usually they're gossiping about the Boten clan. In this epic family saga, *Lolita Files* unveils the

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hidden lives of three generations of the Boten family. She introduces us to Grandma Amalie, a mother so fiercely protective, she will quietly sacrifice everything for her son. There's Grace, who conceals the identity of her child's father for more than twenty years. There's Aunt Sukie, whose strange power over her husband, Walter, is matched only by the strength of her dark magic. And then there's Lay, the bad seed, whose secret betrayals will cost his family dearly. The family's past begins rising to the surface when a mysterious fire takes the life of young Ophelia Boten's infant son. The tragedy sets the family in motion, its members on a quest for self-discovery that will lead them to the drug world of inner-city Detroit, a midwestern college campus, the jungles of Vietnam, and back again. Ophelia sets her own course, one that will ultimately bring her into the arms of a caring and benevolent lover. But before she can embrace her new life and begin a family of her own, she must fully understand and accept the Boten clan's tormented legacy. Inspired by Shakespeare's Hamlet, *Child of God* is a story of family bonds, of forbidden love, of sacrifice and redemption. Moving deftly forward and backward in time, the narrative weaves the past with the present, and the family's mistakes echo unforgettably through each successive generation. As rich as it is rewarding, this is Lolita Files's most ambitious novel to date.

A gentle, entirely new approach to uncovering a source of spiritual strength hidden in the scars of childhood. Wayne Muller brings together the teachings of many different religions and spiritual traditions in a healing program that will appeal to readers of *The Road Less Traveled* and *Homecoming*.

Like so many corporate executives charged with tremendous responsibility, Cynthia struggles to find balance in her life and to lead others effectively. She has led herself to believe that although things aren't perfect, she is doing "okay." Her boss (Rick) believes otherwise, and is extremely concerned about her dismal employee approval rating. Rick considers letting her go, but instead decides to try something out of the ordinary to give her "a chance." He truly wants her to succeed, but he makes it very clear that "her results had better drastically improve, or else." Enter an unlikely mentor named Otis who teaches Cynthia that successful leaders are successful thinkers. At first Cynthia rejects Otis as a mentor because he is soon to be one of her subordinates. However, his unconventional leadership style and out of the box philosophies seem to be working for him, and she needs help. As the story unfolds, Otis teaches Cynthia *The 7 Laws Of 21st Century Leadership* and calls into question everything she believes to be true about life and leading others. Follow Cynthia on her journey as she tries to go from a typical manager scrambling to do more with less, to a successful thinker who leads an amazing life at home as well as on the job.

The incredible book from Jesus calling us to awaken to our own Christhood. Rarely has any book conveyed the teachings of the master in such a simple but profound manner. This book will help you to bring your understanding from the head to the heart so that you can model the teachings of love and forgiveness in your daily life.

Demonstrates that consciousness is the key to life, and that nothing is impossible, not even the manifestation of unlimited wealth and financial independence--also includes *The 40-Day Prosperity Plan* on CD, which will expand your consciousness and help you create a more abundant life. Original.

A workbook for those yearning for deeper love explains how to begin the process of mental, emotional, and spiritual housecleaning that leads to increased happiness, spirituality, and awareness in one's personal relationships.

Kathy Freston wasn't born a vegan. The bestselling author and renowned wellness expert actually grew up on chicken-fried steak and cheesy grits, and loved nothing more than BBQ ribs and vanilla milkshakes. Not until her thirties did she embrace the lifestyle of a veganist--someone who eats a plant-based diet not just for their own personal well-being, but for the whole web of benefits it brings to our ecosystem and beyond. Kathy's shift toward this

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new life was gradual--she leaned into it--but the impact was profound. Now Kathy shows us how to lean into the veganist life. Effortless weight loss, reversal of disease, environmental responsibility, spiritual awakening--these are just a few of the ten profound changes that can be achieved through a gentle switch in food choices. Filled with compelling facts, stories of people who have improved their weight and health conditions as a result of making the switch, and Q&As with the leading medical researchers, *Veganist* concludes with a step-by-step practical guide to becoming a veganist...easily and gradually. It is an accessible, optimistic, and illuminating book that will change the way you eat forever. No less delicious, still hearty and satisfying--just better for you and for all.

A message of spiritual empowerment for African American men combines parables, meditation, prayer, and ritual to guide them

How do you find your way through the broken pieces and the pain to peace? In this honest and searching book, New York Times best-selling author Iyanla Vanzant recounts the last decade of her profoundly human journey and shares her own hard lessons to inspire you to put your personal puzzle back together. Part metaphorical teaching story, part wrenching personal chronicle, this phoenix-rising-from-the-ashes tale is about men and money, love and work, mothers and daughters, life and death, and the patterns and pathologies that families pass down through the generations—until someone gets clear enough to break the pattern and pave the way to healing. Discover why everything you need to learn is reflected in your relationships; gain a new perspective on personal power, spiritual purpose, and karma; and recognize that it is possible to make your broken pieces whole.

Provides meditations and affirmations designed to help young women develop confidence, self-respect, and independence

“The most powerful spiritual healer, fixer, teacher on the planet.” —Oprah Winfrey

Shift your attitude and live your best life with this inspiring collection of 365 daily devotionals from New York Times bestselling author and star of the OWN Network’s hit show *Iyanla: Fix My Life*. If there are situations, circumstances, or perhaps relationships in your life that you have been struggling to overcome, trying to work through, or doing your best to work around, throw your head back and declare to the universe, “Until Today!” Whatever has been going on in your mind, your life, or your heart can stop—right now, if that is truly what you desire. However, you must be willing to “do a new thing.” You must spend a little time, each day, in devotion to the truth about yourself and your life. You must make a conscious approach to what you think, what you feel, and what you do. Devotion will clear up misconceptions that may have obscured your vision until today!

Bestselling author Iyanla Vanzant presents a new book of devotions for anyone on the path to spiritual empowerment. These daily devotions will create powerful changes in the circumstances of your life that have held you back and will place you on the road to personal strength and peace of mind.

In *THE SEAT OF THE SOUL*, Gary Zukav brilliantly set forth his concepts, explaining how the expansion of human perception beyond the five senses leads to a new understanding of 'authentic power'. Then, in *SOUL STORIES*, he

revealed how such concepts as intuition, harmony, sharing and forgiveness actually express themselves in other people's lives. And now, in *THE HEART OF THE SOUL*, Zukav, together with his coauthor and spiritual partner, Linda Francis, takes the next important step in showing us how to actually apply these crucial concepts in our daily lives. Zukav reveals how true emotional awareness can transform the human experience. Although it is challenging and difficult, because it means becoming aware of suppressed pain, it is also enormously rewarding. But first the determination to explore every aspect of consciousness, and to cultivate those that contribute the most to life, must replace the desire to bury painful emotions. Ultimately emotional awareness can free us from the compulsions, fixations, obsessions and addictions that block our spiritual development - among them anger, workaholism, perfectionism, obsessive eating, alcohol, drugs, sex - and allow us to live a fulfilling and meaningful life. *THE HEART OF THE SOUL* will be a revelation for readers - a soul tool with which we can forge a greater emotional awareness to enable us to use our emotions in the creation of authentic power. It is a book to read not once, but several times, for it is a life-changing work that can transform our lives for the better.

According to the Pew Research Center, approximately 37 percent of Americans identify themselves as spiritual but not religious. *How to Be Spiritual Without Being Religious* is a book for that sizable number of folks who seek a rich and authentic interior life but find formal religious affiliation unappealing. It is a clear and nondogmatic guide for finding one's own path of transformation, for embracing a vision of a "practical faith" that enhances a life of happiness and peace. Miller's concise approach arises out of what he calls "the spirituality of ordinary life." It is an approach dedicated to exploring the big questions: "Why am I here?" "Who am I?" "What is the best way to be of use." "A spiritual faith is a more practical way to deal with everyday life than cynicism, toughness, or defensiveness...it daily increases its usefulness and reliability. Spirituality is the way out of misery, the way in to self-knowledge, and the way toward a more fulfilling and effective life." --From the introduction *Praise for The Book of Practical Faith* "Succinct and salutary . . . D. Patrick Miller's thoughtful treatment of faith clarifies why this is such an important part of the sacred adventure of life." --Frederic Brussat, *SpiritualityandPractice.com* "This book offers a gentle, disciplined approach to growth with subtle insight and compassion. Miller names the habitual obstacles that keep us small and opens up a way to greater love, faith, and freedom." --J. Ruth Gendler, author of *The Book of Qualities* God's Word is the strongest weapon in a believers's spiritual artillery. Quin Sherrer and Ruthanne Garlock, bestselling authors of *A Woman's Guide to Spiritual Warfare*, believe that when Christians use the Bible in intercession and warfare, they bind the power of the evil one and declare God's promises and victory for their lives and for those they love. In *The Spiritual Warrior's Prayer Guide*, they show the reader how to apply biblical promises to every area of life, whether in illness, financial trouble, depression, concern for wayward loved ones,

unemployment or spiritual confusion.

New York Times best-selling author Iyanla Vanzant recounts the last decade of her life and the spiritual lessons learned—from the price of success during her meteoric rise as a TV celebrity on Oprah, the Iyanla TV show (produced by Barbara Walters), to the dissolution of her marriage and her daughter's 15 months of illness and death on Christmas day. Like a phoenix rising from the ashes, Iyanla shares why everything we need to learn is reflected in our relationships and the strength and wisdom she has gained by supporting others in their journeys to make sense out of the puzzle pieces of their lives.

For men — and the women who love them — a guide to transformation and true power
The world needs your light. The world needs your life. Every woman and child needs you also. Few men are taught the true spiritual essence of masculinity. In *Up from Here* Iyanla Vanzant empowers men with the insight and skills they need to identify, name, and understand their feelings, as well as to overcome the old patterns of behavior that result from misusing or not tapping into their emotional strength. In clear terms Vanzant shows men how to use the energy of emotions to move beyond painful, negative feelings such as rage, shame, fear, and anger to authenticity and strength. Like the phoenix, you can rise up from here, out of the ashes of the crash and burn of the past, to claim your true identity and power. By using Vanzant's "power tools" men can transform their frustrations and failures in love, life, and work into opportunities to claim their true potential and purpose.

“The most powerful spiritual healer, fixer, teacher on the planet.” —Oprah Winfrey
From the host of the OWN TV show, *Iyanla: Fix My Life*, the companion workbook to Iyanla Vanzant's #1 New York Times bestseller *In the Meantime* provides an easy, step-by-step program to help you begin the healing process after facing adversity. Are you in the Meantime? Are you confused, angry, disappointed, frustrated, anxious, apprehensive, sorry for yourself, or generally wiped out? If so, my friend, you are in the meantime. Are you ready to put the pieces of your life together? Are you ready to begin the process of healing? Are you ready to give and receive love in all of your experiences? In *Living Through the Meantime*, bestselling author Iyanla Vanzant will lead you, step-by-step, to a greater understanding of your own past, your motivations, and your desires. Once you have completed this program of meditation, self-care, and self-examination, you will be able to move beyond your meantime experience and into the love that is your true essence.

Iyanifa means Mother of Wisdom or Mother of Ifa. It is the position of the High Priestess in the Ifa Orisha tradition . The Ifa Orisha tradition of Africa is thousands of years old and was so strong, it was able to survive the slave trade to go on in the new world. What didn't survive the slave trade ,but remained in Africa was the position of Iyanifa. In a world where women have lost much of their ancient mysteries to patriarchy and slavery, a tradition is presented here that went underground but did not die. Iyanifas, Iyami, and Queen mothers of Africa resurface now to continue a legacy for new generations across the globe. This book is a collection of stories, essays, and explorations of the position of Iyanifa and its resurgence in the Diaspora. Gleaned from the perspective of the elder mothers who broke the glass ceiling to reclaim the tradition , they share their divine wisdom teachings, candid personal experiences, joys, and

growing pains drawn from their lives as Iyanifas and women in the tradition. This volume of work features authors such as Luisah Teish, Iyanla Vanzant, Aina Olomo and many other powerful healers, diviners, and counselors. It is offered as a gift to women in the tradition and to those interested in Woman's and African Studies to explore the path of Iyanifa and to be a resource for years to come.

The 20th anniversary edition of Vanzant's first published work offers a powerful path to self-empowerment based on the revitalization of one's spiritual and ancestral roots. Most of us go through life with a vision of what the ideal relationship is supposed to be, yet too often our longing for a soul mate leads to disappointment and heartbreak. What we see, desire, or harshly judge in our mate is but a reflection of self, Vanzant explains, as in *IN THE MEANTIME* she helps us to break free of our fantasies and view a relationship as an ongoing process of discovery and growth. Whether she is offering practical advice on how to avoid making the same relationship mistakes over and over again, or helping us to view the painful end of a relationship as an opportunity to learn and change, Iyanla Vanzant, as author Patrice Gains has said, 'reminds us that every moment is an opportunity to learn and inspires and encourages us to continue our inward daily search'.

"Learning to trust is one of life's most difficult lessons. That's because trust is not a verb; it's a noun. But what if the real problem is not that we can't trust other people; it's that we can't trust ourselves?" In this compelling volume, filled with illuminating and heartrendingly powerful stories of broken trust, betrayal, and triumph, Iyanla demonstrates why the four essential trusts—Trust in Self, Trust in God, Trust in Others, and Trust in Life—are like oxygen: without them, none of us can survive. Mastering these four essential trusts requires both a process and a practice: Life gives you the process through your experiences; people provide you the opportunity to practice. Iyanla explores what trust really is and reveals why some of the most shocking trust violations offer us profound opportunities for personal growth and healing. Her pragmatic trust prescriptions—rooted in self-awareness, intuition, communication, and spiritual practice—will challenge you to face your deepest fears and free you to cultivate new levels of increased authenticity, greater resilience, renewed peace, and joy. Iyanla Vanzant is the much-loved and bestselling author of *IN THE MEANTIME* and *UNTIL TODAY!*. Through her work, millions of readers have found the inspiration to make profound changes in their lives. Calling on both personal experience and her work with others, Iyanla's *ONE DAY MY SOUL JUST OPENED UP* is a message of empowerment both for women and men, encouraging us to tap into our strengths and make our dreams come true. Through a forty day and forty night programme of exercises and readings, Iyanla guides us through our daily obstacles towards greater emotional and spiritual health.

"The most powerful spiritual healer, fixer, teacher on the planet." —Oprah Winfrey In an updated and expanded 25th anniversary edition, the beloved "purple book" *Acts of Faith* guides people of color with daily encouragement, comfort, and enlightenment. For over a quarter of a century, millions have turned to bestselling author Iyanla Vanzant's *Acts of Faith* for insightful and deeply sensitive inspiration that recognizes and explores the unique pressures on people of color today. Each day of the year carries a unique motivational quote or message along with it, as well as a short essay to assist in reflection and wisdom. These messages are pulled from a great variety of spiritual

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practices and teachings, to appeal to a wide range of faiths and disciplines. Acts of Faith is an invaluable and enduring resource for people of color in search of support as they journey on their unique paths.

The author's story of her own recovery as an incest survivor, teenage mother, abused spouse, and welfare recipient is interwoven with a study of the problems that afflict African-American women and effective guidelines on the healing process. 50,000 first printing. IP.

Presents the complete texts of two collections of spiritual anecdotes and reflections for African Americans, "Acts of Faith," and "Faith in the Valley"

"The most powerful spiritual healer, fixer, teacher on the planet." —Oprah Winfrey What is the lesson in abuse, neglect, abandonment, rejection? What is the lesson when you lose someone you really love? Just what are the lessons of life's hard times? Bestselling author Iyanla Vanzant has had an amazing and difficult life—one of great challenges that unmasked her wonderful gifts and led to wisdom gained. In this simple book, she uses her own personal experiences to show how life's hardships can be re-linguaged and revisioned to become lessons that teach us as we grow, heal, and learn to love. The pain of the past does not have to be today's reality. Iyanla Vanzant is an example of how yesterday's tears become the seeds of today's hope, renewal, and strength.

"The most powerful spiritual healer, fixer, teacher on the planet." —Oprah Winfrey From the bestselling author of *Until Today!* and *One Day My Soul Just Opened Up* comes a unique invitation to prayer—and her most deeply personal book yet. Over the years, bestselling author Iyanla Vanzant has received many letters from readers who want to know how to pray. Some are afraid they are praying wrong. Some want a formula. Some think their prayers are unworthy. Here, Iyanla shares the realizations that changed her experience with prayer once and for all: Every thought, every word, every action is a prayer; focus on God's presence in everything—and everyone—and prayer becomes as natural as breathing. The prayers in *Everyday I Pray* culled from Iyanla's own prayer journal, address a variety of topics and situations. It is Iyanla's hope that they will spark a light in the hearts of readers, and that others will come to know the peace of God's grace. With this intimate collection, she invites readers everywhere to join her in making the thoughts, words, and deeds of everyday life more reverent, honorable, and loving.

Get Over It! Thought Therapy for Healing the Hard Stuff Hay House, Inc

How do you find your way through the broken pieces and the pain to peace? In this searingly honest and searching book, the New York Times bestselling author Iyanla Vanzant recounts the last decade of her profoundly human journey. Although Iyanla had become an overnight nationwide success, few knew that her world was crumbling around her. Part metaphorical teaching story, part wrenching personal chronicle, this phoenix-rising-from-the-ashes tale is about men and money, love and work, mothers and daughters, and life and death. Her husband wanted out of their fairy-tale marriage. Her meteoric rise uncovered a debilitating personal lie. Her daughter was diagnosed with colon cancer. The only thing that sustained her was her commitment to know and serve God. Iyanla's journey from being broken, damaged, and desperate offered her new found knowledge that you can implement whatever your personal situation. Discover why everything you need to learn is reflected in your relationships. Gain a new understanding of the patterns and pathologies that families unconsciously pass down through the generations - until someone finally breaks through. Learn how to put your personal puzzle together, and dare to claim the peace that you truly deserve.

"You just can't trust anyone!" seems to be a constant refrain in the modern world. Indeed, learning to trust is one of life's most difficult lessons. "That's because trust is not a verb," says legendary life coach Iyanla Vanzant, "it's a noun. Trust is a state of mind and a state of being." In this wise book, the New York Times best-selling author and host of OWN's popular reality TV show *Iyanla: Fix My Life* reveals how to cultivate this liberating power—by exploring what

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trust really is, how to trust, and why to trust. She outlines the special rewards that come from mastering the four essential trusts: trust in God, trust in yourself, trust in others, and trust in life. And she challenges us to see how each of these are actually deeply interconnected. Too often our fear of whether or not we can really trust an individual or an institution and what they represent erodes our confidence and undermines our relationships. When trust is broken or there is a betrayal, it can bring us face-to-face with our shadow, revealing that someone has failed to live up to our expectations and thus "outs" our hidden beliefs. "You never get what you ask for; you always get what you expect," says Iyanla. When someone betrays our trust it reveals the high price paid for such deep disconnection. This book's pragmatic trust-building prescriptions demonstrate how communication, consistency, and cooperation can antidote trust-destroying behaviors and revitalize us with increased authenticity, greater resilience, and renewed peace in every part of our lives.

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