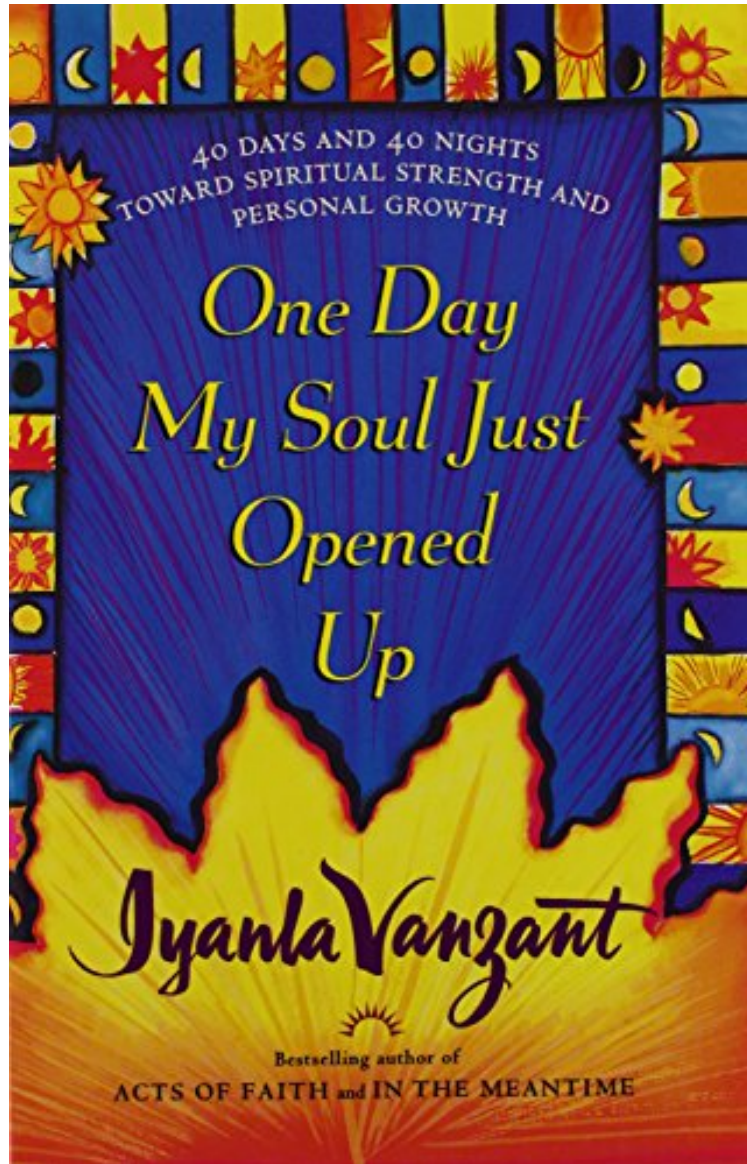


(Mobile ebook) One Day My Soul Just Opened Up

One Day My Soul Just Opened Up

Iyanla Vanzant

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Iyanla Vanzant : One Day My Soul Just Opened Up before purchasing it in order to gage whether or not it would be worth my time, and all praised One Day My Soul Just Opened Up:

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and friends as it is inspirational and guided. Iyanla opens her life up to help in explaining life and the power of the Divine. She gives strategies to love yourself and value your life. With every page read you are convinced that you are worthy! 3 of 3 people found the following review helpful. I absolutely love this book! By Chala I absolutely love this book! After attending, Oprah's The Life You Want Tour, Iyanla left me open and hungry to a newness. I was motivated to find my inner greatness and release all things holding me bound. Her books give life new meaning and help me navigate my world, mind and spirit to a new place.

One Day My Soul Just Opened Up is a program of inspiration and motivation that will help you work through problems and improve your emotional and spiritual health. Through exercises and readings, Iyanla provides you with the tools to tap into your strengths and make your dreams come true. One Day My Soul Just Opened Up will open your mind, heart, and soul to the truth of your identity as a creative and powerful being.

.com Ordained minister and "spiritual life counselor" Iyanla Vanzant doesn't know the exact moment when her soul opened up "and the spirit of the divine entered [her] body." But she will always remember the key insight that opened the door to her soul and simultaneously locked the door to her insanity: "If you know who walks beside you, you can never be afraid." This is the premise from which Vanzant has launched her enormously successful 40-day, spiritual self-help program. One Day My Soul Just Opened Up is designed as day-by-day journal/workbook to help readers believe in a divine presence while pondering daily spiritual lessons such as simplicity, peace, compassion, and nonjudgement. The charismatic Vanzant (whom Oprah Winfrey considers to be one of the world's most admirable spiritual leaders) has a gift for humble, tell-it-like-it-is talk. She is also a wise and warm soul, eager to help others trust in love and find a relationship with God in order to get on with their lives. Readers especially like her daily list of inspirations titled "Let Me Remember." For example, under day 23, "When You Feel Angry," she uses the list to remind readers: "All things work to bring me healing"; "Forgiveness will provide relief and release"; and "Love will heal anything that is not an expression of love." --Gail Hudson
From Library Journal
Vanzant is a motivational speaker, spiritual counselor, ordained minister, and Yoruba priestess (minister of the ancient Nigerian religion). A frequent guest on the Oprah Winfrey Show, this prolific author also makes regular appearances on best sellers lists. Yesterday, I Cried is chiefly an autobiographical account of how Vanzant triumphed over her troubled past to achieve success. Losing her mother at age three, she was a childhood victim of physical, emotional, and sexual abuse. A single mother at 16, Vanzant rushed into an abusive marriage at 19 and was soon raising three children alone on welfare. Despite this, she earned both undergraduate and law degrees and now counsels others on overcoming difficult circumstances to achieve happiness and spiritual fulfillment. In One Day My Soul Just Opened Up, Vanzant speaks of pursuing spiritual and personal growth. Unfortunately, her advice is often redundant and sprinkled with vague platitudes, e.g., "You can only have what is for you to have" and "Love will heal anything that is not an expression of love." Though Vanzant's rich, sonorous voice is certainly an asset to these abridged productions, it cannot compensate for their meager content. Her many fans will probably expect to find these at public libraries, but purchase only to cover demand.
ABeth Farrell, Portage Cty. Dist. Lib., OH Copyright 1999 Reed Business Information, Inc. Tavis Smiley Host of BET Tonight with Tavis Smiley
Everyday I read Iyanla Vanzant's inspired work, my soul just opens up! And so will yours if you heed her advice on how to achieve a greater sense of self-awareness and self-assurance.