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Iyanla Live!: Self-Value, Self-Worth, Self-Love



Synopsis

Recorded live at the Apollo Theater, Iyanla Vanzant takes you on a remarkable journey of self-discovery. Do you know who you are? You have so many demands on your time, so many things you want to accomplish. You are trying to please so many people, and you yearn to feel important. But somewhere along the way, you may have lost sight of what it is that you really want out of life, and more importantly, of who it is you really are. In this audiobook, Iyanla reminds us that we are all unique. We are all special. We get caught up in work, in paying the rent, in raising our kids, and in acquiring things. We are so caught up in a cycle that any setback lowers our self-esteem. But there is a way out. Know yourself. When we lose ourselves, we have a void in our heart that sinks us into despair. However, when we accept who it is we are and recognize the divinity in our soul, we grow the wings necessary to soar above our troubles.

Book Information

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Customer Reviews

Vanzant delivers sensible advice in a no-nonsense, this-is-good-for-you style. The tapes were recorded at monthly workshops she presented at the Apollo Theatre and the Aaron Davis Hall in New York City. Those in the audience were primarily African American women, but her recommendations apply to anyone who needs a boost in self-esteem and encouragement. "Faith is preparation that you'll have skills for what you get when you get there," she says, adding that "faith" is an acronym for "Feel As If the Thing Has Happened." Having commitment may mean you have to "break with" in order to "break through." If you're not doing what is important in your life, then what

are you doing? "Now is the seed from which later will grow . Be in the moment, not focused on the past." Vanzant is not only a popular "spiritual counselor," she is also no dummy when it comes to self-promotion. For popular collections.DNann Blaine Hilyard, Lake Villa Dist. Lib., IL Copyright 2001 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

Iyanla Vanzant is the award-winning and bestselling author of *Acts of Faith*, *The Value in the Valley*, *Faith in the Valley*, *In the Meantime*, *One Day My Soul Just Opened Up* and *Yesterday, I Cried*. As an empowerment specialist, Spiritual Life Counselor, and ordained minister, she lectures and facilitates workshops nationally with a mission to assist in the empowerment of women and men everywhere.

This CD puts so many things into perspective, on how valuable you are. Very inspirational, and i'm glad i purchased the CD.

Iyanla is a fraud! I opened up for her at in the early 2000's and she promised to record me and have me on her project! I thought she was Godsent! After reciting 3 pieces I wrote, receiving a standing ovations being overwhelmed with joy-she seemed annoyed that I was so well received! To my utter disbelief and to her husband who brought me to her attention, she discarded my part from the video and audio saying that her team didn't get a release form from me!! I was never given one and she could've given it to me then. I was so crushed that someone who I thought was so real and wise would be so shady!!!! Immediately after my performance, I performed the same pieces for the "now author" and a former friend privately since they missed the show. That so called author loved my ideas and concept of CD 's and books based on my work. Before I got to finish my project, I hear that this chick had stolen the title and concept. That project is called "Souls of my sistahs" which was part of my performances that same night!! Duked twice in one night and didn't get a dime or an opportunity! !!Santeea Cemone

I enjoy watching Iyanla on TV, and I have read a couple of her books, this was the first time I purchased one of her tapes and was very disappointed. The sound quality is poor. I found myself turning the volume up and then down, and then at times I couldn't hear anything at all. It started out with singing, which I guess is alright if that is what you had expected, but I didn't see the connection in the overly long singing introduction to the tape subject. She had a few good points that she brought out, and made one think. There were maybe 20 min. of interesting subject matter to listen

to: I would not recommend this particular tape.

Iyanla takes us on a journey of the past and present on this cd. You will find yourself in Rhonda (the story she is telling throughout the lesson). You will step outside of your inner being and take a hard look within. You will come to know something that you have learned for years but never paid that much attention to - "that you are made in the image of God." I don't want to spoil it for anyone, but you will learn to love your feet, your face, your private parts etc... Purchase this, and I promise you will finish it enlightened. Now hug yourself and tell yourself you are worthy to be PRAISED!

I am a huge Iyanla fan, but even she has a bad day. This tape was a disappointment, especially after being fired up with the "Faith" tape. The quality of the sound was not good, her singers were not on their game and the message seemed to come in the last 5 minutes of the tape. You found Iyanla rambling on and on mostly. I will still try the other cassettes but this one, you can pass on.

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