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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-

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examination, you will be able to move
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into the love that is your true essence.

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MEANTIME takes you through a process of mental, emotional, and spiritual housecleaning and leads you to deeper levels of consciousness. It's a simple, inspiring guide, perfect for anyone who needs to get his or her own spiritual house in order before inviting someone to share it with them.

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Living Through the Meantime. : Iyanla
Vanzant. Simon and Schuster, Mar 17,

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2002 - Self-Help - 224 pages. 3 Reviews....

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LIVING THROUGH THE MEANTIME takes you through a process of mental, emotional, and spiritual housecleaning and leads you to deeper levels of consciousness. It's a simple, inspiring guide, perfect for anyone who needs to get his or her own spiritual house in order before inviting someone to share

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"Living Through The Meantime" is a
book that is meant to put the lessons
learned about in the previous book "In
The Meantime" to use in a constructive

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and structured manner. Iyanla Vanzant is very good at making the reader of her books feel as if she is sitting right next to her waiting to give an encouraging hug, or an honest look of "You KNOW you're lying to yourself right now, right??"

Living Through the Meantime : Learning

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to Break the...
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...

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“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

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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

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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

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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.

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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

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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

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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'.

2001

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

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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

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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

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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

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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.

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

Iyanla Vanzant is the much-loved and bestselling author of IN THE MEANTIME and UNTIL TODAY!.

Through her work, millions of readers

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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.

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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.

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A workbook for those yearning for deeper love explains how to begin the process of

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mental, emotional, and spiritual housecleaning that leads to increased happiness, spirituality, and awareness in one's personal relationships.

By Iyanla Vanzant Aug 14

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How do you find your way through the broken pieces and the pain to peace? In this searingly honest and searching book,

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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-

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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

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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

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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.

Entrepreneur Jesse Itzler chronicles his

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month of living and extreme fitness training with a Navy SEAL in the New York Times and #1 LA Times bestseller LIVING WITH A SEAL, now with two bonus chapters. Entrepreneur Jesse Itzler will try almost anything. His life is about being bold and risky. So when Jesse felt himself drifting on autopilot, he hired a

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rather unconventional trainer to live with him for a month-an accomplished Navy SEAL widely considered to be "the toughest man on the planet"! LIVING WITH A SEAL is like a buddy movie if it starred the Fresh Prince of Bel-Air...and Rambo. Jesse is about as easy-going as you can get. SEAL is...not. Jesse and SEAL's

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escapades soon produce a great friendship, and Jesse gains much more than muscle. At turns hilarious and inspiring, **LIVING WITH A SEAL** ultimately shows you the benefits of stepping out of your comfort zone.

We ' ve been teaching reading wrong—a

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leading cognitive scientist tells us how we
can finally do it right

"Trust in self, trust in God, trust in others,
trust in life"-- Jacket.

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