

The book was found

One Day My Soul Just Opened Up: Working Toward Spiritual Strength And Personal Growth



Synopsis

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.

Book Information

Audio CD

Publisher: Simon & Schuster Audio; Abridged edition (August 1, 1999)

Language: English

ISBN-10: 0671316478

ISBN-13: 978-0671316471

Product Dimensions: 5.6 x 0.9 x 4.9 inches

Shipping Weight: 5.8 ounces

Average Customer Review: 4.6 out of 5 stars 283 customer reviews

Best Sellers Rank: #2,954,774 in Books (See Top 100 in Books) #14 in Books > Books on CD > Authors, A-Z > (V) > Vanzant, Iyanla #628 in Books > Religion & Spirituality > New Age & Spirituality > Self-Help #2767 in Books > Books on CD > Health, Mind & Body > Personal Growth

Customer Reviews

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

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. --This text refers to an out of print or unavailable edition of this title.

Iyanla is amazing. The daily workshops are easy but still give you daily food for thought. I'm not done with the book so I can't testify to my soul being opened up yet. I do find the words encouraging and uplifting, which in this day I believe we could all use a bit more of. I've also found the writing frank about unpleasantness which I think quite a few self-help books could use more of. You can't help yourself if you're still in denial. I like it, you should pick it up.

If you don't have this book you should. I read this book as it says to, for 40 days. It helped me more than anything ever has before. I highlighted as suggested too. I could relate to everything. Thank you so much for writing it. You are blessed!

I am passing this book on to family 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!

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.

I purchased this book in the past and have purchased it again. I love this book because each day is different and allows you to think in a positive way on how to work on yourself. I believe it's an eye opener on your thought process. It's definitely a book that can be used at any point of time in your life.

I appreciate how Iyanla walks through the various stages of inner reflection. Although it could have been said in fewer pages, as she admits, it would not have been as thorough for me. I needed the baby steps. I recommend this for anyone seeking to understand themselves, as a starter and as a reminder. Once he or she is willing to step out of drama-filled existence to find peace, faith, and a deeper experience of love.

I love this book, and loved the journey. I took longer than 40 days, and completed it in around 60. I am thinking of reading through it once more. Just wonderful.

Such a great read and empowering!! Afterall, what do you expect from Iyanla?!

[Download to continue reading...](#)

One Day My Soul Just Opened Up: Working Toward Spiritual Strength And Personal Growth Face to Face: Praying the Scriptures for Spiritual Growth: 2 (Face to Face / Spiritual Growth) Knit 1 Purl 1: Learn How to Knit in Just One Day: Learn How to Knit Quick Knit Projects in Just One Day Toward a Psychology of Awakening: Buddhism, Psychotherapy, and the Path of Personal and Spiritual Transformation Scores: How I Opened the Hottest Strip Club in New York City, Was Extorted out of Millions by the Gambino Family, and Became One of the Most Successful Mafia Informants in FBI History One Hop Too Far: I Opened My Heart to Ethiopia Day Trading: Make Hundreds Daily Day Trading One Hour a Day: Day Trading: A detailed guide on day trading strategies, intraday trading, swing trading and ... Trading, Stock Trading, trader psychology) Meditation within Eternity: The Modern Mystics Guide to Gaining Unlimited Spiritual Energy,

Accessing Higher Consciousness and Meditation Techniques for Spiritual Growth Spiritual Leadership: Principles of Excellence For Every Believer (Commitment To Spiritual Growth) Spiritual Leadership: Principles of Excellence for Every Believer (Sanders Spiritual Growth Series) The Dark Night of the Soul: A Psychiatrist Explores the Connection Between Darkness and Spiritual Growth Changing Lines: A New Interpretation of the I Ching for Personal and Spiritual Growth (Line by Line) Mystic Secrets Revealed: 53 Keys to Spiritual Growth and Personal Development Then Sings My Soul Book 3: The Story of Our Songs: Drawing Strength from the Great Hymns of Our Faith (Then Sings My Soul (Thomas Nelson)) Cooking for One: 365 Recipes For One, Quick and Easy Recipes (Healthy Cooking for One, Easy Cooking for One, One Pot, One Pan) Ebersole & Hess' Toward Healthy Aging: Human Needs and Nursing Response, 8e (TOWARD HEALTHY AGING (EBERSOLE)) Ebersole & Hess' Toward Healthy Aging - E-Book: Human Needs and Nursing Response (TOWARD HEALTHY AGING (EBERSOLE)) Toward Healthy Aging: Human Needs and Nursing Response, 7e (Toward Healthy Aging (Ebersole)) The Atkins Journal: Your Personal Journey Toward a New You, A 120-Day Record The Subtle Power of Spiritual Abuse: Recognizing and Escaping Spiritual Manipulation and False Spiritual Authority Within the Church

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)