



Faith in the Valley: Lessons for Women on the Journey to Peace

By Iyanla Vanzant

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Faith in the Valley: Lessons for Women on the Journey to Peace By Iyanla Vanzant

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.

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Editorial Review

From Library Journal

Popular speaker and "spiritual life counselor" Vanzant presents inspiration and advice addressed primarily to African American women but of use to everyone. She emphasizes that we have within ourselves the resources to solve most of our problems. "We always get what we expect," she says, and adds, "It is the Father's pleasure to give you the kingdom. The issue is, are you willing to receive it?" In *Faith in the Valley*, she uses "valley" as a metaphor and cites ten kinds of valleys in which we can find ourselves: life, understanding, courage, knowledge, wisdom, o.p.p. (other's people's problems and perspectives), comeuppance, purpose and intent, nonresistance, and love. "Wherever you are, play some, pray some, and have faith. When the praise goes up, the blessings come down." "Iyanla Live!" is a series of live recordings of programs Vanzant has presented. Audience responses are included. In *Our Relationship with Money*, she maintains that the state of our finances reflects our values and spiritual health. "Don't complain as you pay your bills. They come after you've made the phone calls, worn the shoes, used the car. The bills are evidence that you have been blessed." In *Our Relationship with the World*, she stresses that we are already empowered and it is up to us to act on that empowerment today, not to wait for some confluence of circumstances that may never come to be. Vanzant's no-nonsense advice is itself empowering and affirming. For public library collections. ANN BLAINE HILYARD, Lake Villa Dist. Lib., IL
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Review

Joan Brady author of *God on a Harley Faith in the Valley* is a healing balm, skillfully applied to our deepest and oldest wounds. Iyanla Vanzant gently takes our attention off the negative thoughts which have left so much pain and destruction in their wake, and restores a new resiliency to our souls. She leaves us ready to receive love again...our own and that of others.

Julia A. Boyd author of *In the Company of My Sisters* Wisdom, courage, and faith sprinkled with lots of blessings and love: the message of Iyanla Vanzant comes right from the heart and goes straight to the soul. Iyanla truly loves and cares about us sisters and it shows. Thank you, sister Iyanla, for your gifts.

About the Author

With more than 8 million books in print, **Iyanla Vanzant** has truly established a dedicated fan base. Iyanla's path to success took her through a multitude of life-changing experiences that shaped the profound insights she eagerly shares with others. A neglected, overweight, sexually abused child who was shuttled from one family to another, she became a teenage mother on welfare living in the projects of a major urban city. Vanzant took control of her life when she walked out of her second abusive marriage and entered Medgar Evers College in New York and then the City University of New York Law School. She moved to Philadelphia with her children and became a public defender for three years. Then she eventually became an ordained minister, who was committed to a message based on the principles of divine power and self-determination.

Iyanla combined her professional skills with her life's lessons and embarked on a writing and speaking career. Her mass appeal is evident in her overwhelming success as an author. *In the Meantime* was a #1 *New York Times* bestseller, where it spent 20 weeks on the list, and she has had numerous other major bestsellers. As a nationally recognized speaker she has sold out such prestigious venues as New York's Jacob Javits Convention Center, Nashville's Grand Ole Opry, Atlanta's Civic Center, and the Wilton Theater in Los

Angeles. Vanzant is also familiar to the daytime TV audience from her role as a regular contributor on "The Oprah Winfrey Show."

Acclaimed journalist and producer Barbara Walters recognized Vanzant's extraordinary appeal, seeing in her a "breakaway talent" with the potential for huge success in daytime television. With Walters and partner Bill Geddie on board to executive produce, Buena Vista Productions to develop the show, and Buena Vista Television as distributor, the road to *Iyanla* was forged.

Vanzant has received numerous accolades for her work. In 1992 Los Angeles mayor Tom Bradley named October 21st "Tapping the Power Within Day" in honor of a workshop she presented in that city for African-American women. In 1994, the National Association of Equal Opportunity in Education, an organization comprised of the presidents and administrators of the 117 predominantly Black colleges in the United States named her Alumni of the Year. She also was awarded an "Oni" by the International Congress of Black Women as one of the nation's unsung heroes, and she served as the national spokesperson for Literacy Volunteers of America in 1998.

In 1999 she was listed among the 100 Most Influential African-Americans by *Ebony* magazine. Later that year, she was awarded the 31st NAACP Image Award for "Outstanding Literary Work, Non-Fiction" for *Yesterday I Cried*. She also earned her first Honorary Doctorate degree, Doctor of Humane Letters, from the City University of New York, Medgar Evers College. In 2000, she earned her second honorary degree, Doctor of Divinity, from the Theological Seminary in Atlanta, Georgia. In addition, *Ebony* has named her one of their "55 Most Intriguing People," *Vibe* magazine tabbed her one of "100 Leaders of the New Millennium" and *Newsweek* recently included her as one of the "Women of the New Century."

The mother of three and grandmother of four, Vanzant lives in Silver Spring, Maryland with her husband Adeyemi and Mr. Coco, their cat.

To learn how Iyanla can help you get started on your journey toward spiritual enlightenment, visit Inner Visions Worldwide, Inc., at www.innervisionsworldwide.com.

Users Review

From reader reviews:

Enrique Flora:

Have you spare time for a day? What do you do when you have more or little spare time? Yep, you can choose the suitable activity intended for spend your time. Any person spent their own spare time to take a walk, shopping, or went to the Mall. How about open as well as read a book entitled Faith in the Valley: Lessons for Women on the Journey to Peace? Maybe it is to become best activity for you. You already know beside you can spend your time with your favorite's book, you can cleverer than before. Do you agree with the opinion or you have different opinion?

Laura Thompson:

Reading a book for being new life style in this year; every people loves to learn a book. When you go through a book you can get a lot of benefit. When you read publications, you can improve your knowledge,

since book has a lot of information onto it. The information that you will get depend on what types of book that you have read. If you wish to get information about your examine, you can read education books, but if you want to entertain yourself you are able to a fiction books, this sort of us novel, comics, as well as soon. The Faith in the Valley: Lessons for Women on the Journey to Peace will give you a new experience in reading through a book.

Gabrielle Oneal:

Don't be worry in case you are afraid that this book may filled the space in your house, you can have it in e-book way, more simple and reachable. This specific Faith in the Valley: Lessons for Women on the Journey to Peace can give you a lot of friends because by you investigating this one book you have factor that they don't and make anyone more like an interesting person. This kind of book can be one of a step for you to get success. This guide offer you information that might be your friend doesn't understand, by knowing more than various other make you to be great men and women. So , why hesitate? Let me have Faith in the Valley: Lessons for Women on the Journey to Peace.

Timothy Grill:

As a university student exactly feel bored to reading. If their teacher expected them to go to the library in order to make summary for some book, they are complained. Just minor students that has reading's heart and soul or real their passion. They just do what the educator want, like asked to the library. They go to presently there but nothing reading very seriously. Any students feel that looking at is not important, boring and also can't see colorful images on there. Yeah, it is to be complicated. Book is very important in your case. As we know that on this era, many ways to get whatever we want. Likewise word says, ways to reach Chinese's country. Therefore this Faith in the Valley: Lessons for Women on the Journey to Peace can make you truly feel more interested to read.

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