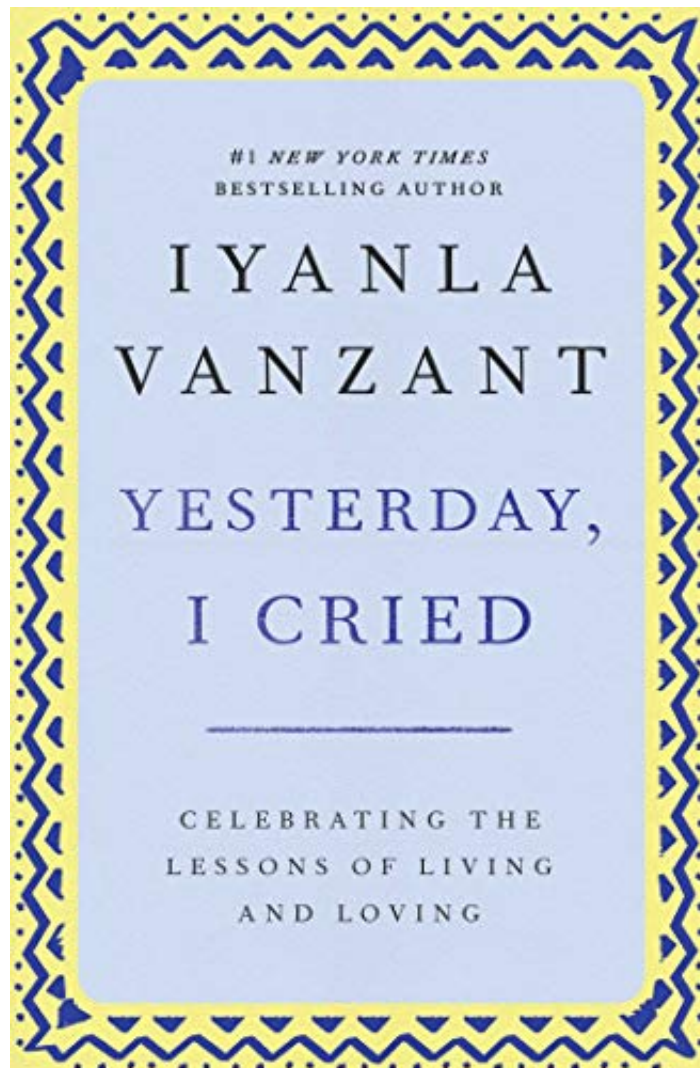


Yesterday, I Cried: Celebrating the Lessons of Living and Loving

by

Iyanla Vanzant



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Synopsis

“The most powerful spiritual healer, fixer, teacher on the planet.” —Oprah Winfrey
What is the lesson in abuse, neglect, abandonment, rejection? What is the lesson when you lose someone you really love? Just what are the lessons of life's hard times? Bestselling author Iyanla Vanzant has had an amazing and difficult life—one of great challenges that unmasked her wonderful gifts and led to wisdom gained. In this simple book, she uses her own personal experiences to show how life's hardships can be re-languaged and revisioned to become lessons that teach us as we grow, heal, and learn to love. The pain of the past does not have to be today's reality. Iyanla Vanzant is an example of how yesterday's tears become the seeds of today's hope, renewal, and strength.

What people say about this book

Ebook Tops Reader, "Every women needs to read this book. WOW... It has been years since I have read this book however it has carried a strong impact with my life... Not knowing it but this book started me on the journey of getting to know me... there are questions that she asked in the book and years later I am still asking myself. I have purchased this book and given it to my friends that were lost and need a starting point. She made me realize that its ok to cry.. I am putting my life together because of this book... It really helps"

animals, "SPIRITUALITY AT IT'S FINEST!! SHE'S THE BEST!! OUT DOES THE REST" "

MARVELYN GRIGSBY, "WOW!!!! What a story!. This is the first book I've purchased by Iyanla Vanzant. What a writer. I found myself crying after reading some of the characters. She went through so much. So glad she had and still has God on her side. With God all things are possible. I really enjoyed reading this book. She is still standing. Truly a blessing. I have purchased other books by Iyanla and look forward to reading them. I did not like all the times she was being beat. I recommend this book to everyone. Well worth reading."

Successful, "Vanzant's autobiography over 10 years ago and am still influenced by it til this very day so I know this is going to be a fantastic read! Pending update upon completion of read. Started reading today and already had to hold back tears. I've read Ms. Vanzant's autobiography over 10 years ago and am still influenced by it til this very day so I know this is going to be a fantastic read! Pending update upon completion of read!"

M. barajas, "Yesterday I cried with Rhonda & Iyanla.... Yesterday I cried, my copy is written all over each page on the margins is highlighted repeatedly..as Iyanla Vanzant retells us different suffering moments of her own life on each chapter, she also gives us some insight and some lessons she learned while repeatedly making the same pattern of mistakes over and over..Because of her own suffering..she enlighten us that no matter how bad our lives may be even if family are unfair to us we must forgive them in order for us to grow. I know from personal experiences in a given moment when life seems to be falling apart, forgiving is the last thing we want to do.. because we want to sustain on that familiar feeling of anger, resentment and sadness because those feelings are part of our pattern. At the moment, of hurt and confusion we are not aware. However, Iyanla demonstrates us that no matter how destructive our past may have been like her own.. she changed her mind and every thing else into a positive healthy way. Eventhough it took her years to HEAL..but the importance is that she acknowledge it, did a lot to heal her but always had faith even when she didnt know what having faith really was, she had faith!Another thing I like to add, is that the only reason it took her long to heal is because even when she acknowledge she was wrong she kept repeating the same mistakes over and over so as a reader we should take HER life lessons part of OUR lessons! so we can heal faster if we

just choose a DIFFERENT direction/path pronto! In other, words get out of our comfort zone NOW to start LIVING!! cant just give everything away, but I highly recommend this book to anyone, its a great read :)"

Brie, "Please read! You will not regret it.. I've never been interested in books like this but my best friend highly recommended it so I bought it. This book was AMAZING! It really makes you think about yourself. I honestly felt different when I was finished. It's a real must have! I passed it onto my mom and I really hope she reads it."

Griesimatthew, "CD is Abridged.... I got the CD so that I could listen and read along. I am reading this book for academic reasons and normally do not read these types of books. The CD was to help me if the book got slow to me. The problem is that the CD cuts out sentences, paragraphs, pages (I counted once a 7 page leap), and chapters (Chapter 5 - "What is the Lesson When You Are Poor, Ugly, and Feeling Bad" was completely skipped.) I recommend that if you want the whole story with all of the details, just read the book."

Avid Reader, "I wish I had read this years ago. This book has been truly amazing and life changing for me. I picked it up at my local library during a very difficult time in my life. After I racked up a great deal of late fees from the library I knew I needed to purchase my own copy, as I carry it with me and read it often. Iyanla's story moved me to tears as I recognized alot of similarities in "Rhonda's" and my own life. I now have some necessary tools to help get my life in order. Iyanla Vanzant is truly a blessing."

emma, "What a amazing book,an teacher!. Wow what a woman,what a book! Empowering,joyfull book of wisdom. Bless u for calling home.excellent delivery service,came in a few days. Thank you x"

AMF, "i purchased this book for a family member. i purchasedthis book for a family member, they were very happy with it, and would recommend it to all her friends"

Nat, "Five Stars. Thank you for writing this book."

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