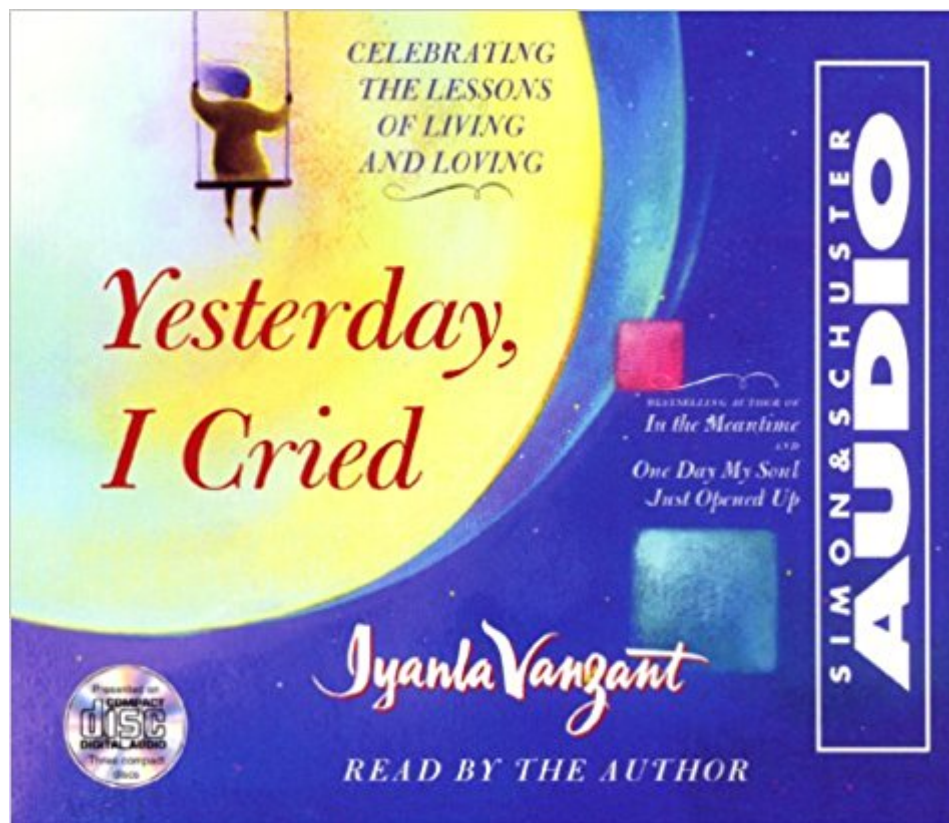




The book was found

Yesterday I Cried: Celebrating The Lessons Of Living And Loving



Synopsis

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 audiobook, she uses her own personal experiences to tell how life's hardships can be re-languaged and re-visioned 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.

Book Information

Audio CD

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Best Sellers Rank: #3,756,742 in Books (See Top 100 in Books) #18 in [Books > Books on CD > Authors, A-Z > \(V \) > Vanzant, Iyanla](#) #3358 in [Books > Books on CD > Health, Mind & Body > Personal Growth](#) #3370 in [Books > Books on CD > Health, Mind & Body > Self Help](#)

Customer Reviews

"Life is about cleaning up the crap and, while you're doing it, being okay with the fact that you have to do it.... A word of caution. You can't get caught up in the crap! If you do, you will surely lose sight of the real meaning of life and lose your Self." Iyanla Vanzant knows plenty about dealing with just such "crap." She has led a difficult life, full of periods of abuse and self-loathing, but she has managed to learn "the lessons beneath the tears" and move beyond her grief and into understanding. In *Yesterday, I Cried*, she passes these lessons along, continually stressing that past hardships can and should be used to teach us how to grow, heal, and love others and ourselves. The message is one that has been echoed in her bestsellers *One Day My Soul Just Opened Up* and *In the Meantime*, but when presented as a memoir, the result is particularly moving. As any regular Oprah viewer knows, Vanzant is a feisty and charismatic orator, and her

no-nonsense style translates well into print. She is candid about her experiences without ever painting herself as a victim, effectively coming across as inspirational rather than preachy or self-pitying. The tone of the book is especially engaging because she seems to be actively working out her problems as she writes, gently pulling the reader into what becomes a mutual catharsis. "Of all things to master," she asks, "why did I have to pick tears?" By the end of Yesterday, I Cried, she finds the answer. And in searching the depths of her own soul, she encourages others to do the same. --This text refers to an out of print or unavailable edition of this title.

"USA Today" Iyanla Vanzant taps the universality of spiritual yearning. --This text refers to an out of print or unavailable edition of this title.

This book is breath taking. For Iyanla to go thru such trials in her life, it is truly amazing that she still exist. Her strength and determination is a lesson for all. I was so moved by each chapter, at times I just held the book to my chest and sighed. A lesson in the hard knocks of life that everyone human being can learn from. Excellent, excellent, excellent. Iyanla has moved me to the very core of my soul. I have highlighted special excerpt that I can use to reflect on my daily situations. Just a very inspiring book and a must for all to read.

I love Iyanla Vanzant, Her books are always amazing and uplifting and comfort food for the soul.

Gives hope for those going thru hard times. I didn't necessarily agree with everything she said but the book made me think a lot about my past and how it influences who I am now. It showed me that my past has helped shape who I am but it does not define who I am. We all have the ability to change.

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.

One of the best modern self exploration books written. Author is so attuned to the needs of women.

Awesome to pass along!

The seller delivered as advertised. Also, A Great Read...Sam

I enjoyed this book. It was a great example of how anything is possible. Phrases become repetitious and we stop listening. Change truly starts with the individual. If you want to know how you are feeling then look around you. Look the people, events, living, and material possessions. If your life is full of pain and sorrow ask Yourself why? It is up to you to acknowledge, take responsibility for your contributions, and change things.

It took awhile to read this book because the book I ordered had small print. However, I got accustomed to it and the rest was history.

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