



Yesterday, I Cried: Celebrating the Lessons of Living and Loving (New York)

By Iyanla Vanzant

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Bestselling author Iyanla Vanzant has had an amazing and difficult life -- one full of great challenges that have unmasked her wonderful gifts and led to the wisdom she has gained. In this simple book, she uses her own experiences to show how life's hardships can be relanguaged and re-visioned to become lessons that teach us as we grow, heal, and learn to love. Iyanla Vanzant is an example of how yesterday's tears become the seeds of today's hope, renewal, and strength.

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Editorial Review

Amazon.com Review

"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.

Review

"USA Today" Iyanla Vanzant taps the universality of spiritual yearning.

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

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Clarence Danner:

The reason? Because this *Yesterday, I Cried: Celebrating the Lessons of Living and Loving* (New York) is an unordinary book that the inside of the reserve waiting for you to snap it but latter it will jolt you with the secret the idea inside. Reading this book close to it was fantastic author who all write the book in such wonderful way makes the content on the inside easier to understand, entertaining method but still convey the meaning thoroughly. So , it is good for you because of not hesitating having this nowadays or you going to regret it. This amazing book will give you a lot of advantages than the other book have such as help

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