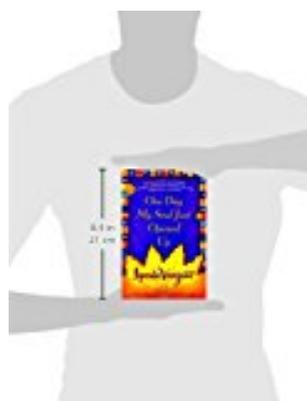


# [PDF] One Day My Soul Just Opened Up: 40 Days And 40 Nights Toward Spiritual Strength And Personal Growth

Iyanla Vanzant - pdf download free book

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**Books Details:**

Title: One Day My Soul Just Opened U  
Author: Iyanla Vanzant  
Released: 1998-01-05  
Language:  
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**Description:**

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"; "Forgiveness will provide relief and release"; and "Love will heal anything that is not an expression of love." --*Gail Hudson*

**From Library Journal** 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

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