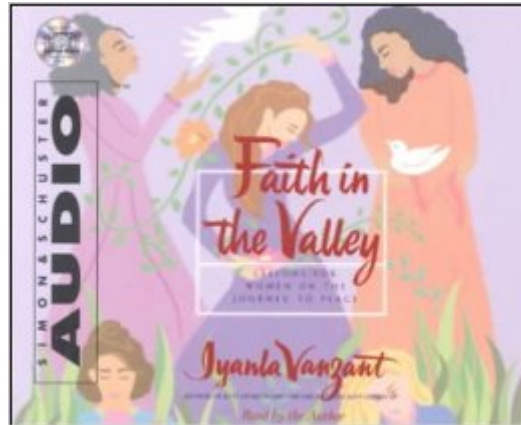


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# Faith In The Valley: Lessons For Women On The Journey To Peace



## Synopsis

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. Iyanla --This text refers to an out of print or unavailable edition of this title.

## Book Information

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Authors, A-Z > ( V ) > Vanzant, Iyanla #817 in Books > Books on CD > Health, Mind & Body > Relaxation & Meditation #3677 in Books > Books on CD > Health, Mind & Body > Self Help

## Customer Reviews

I first saw Iyanla Vanzant on Oprah (another truly inspiring woman) the more I watched this exceptional woman the more I was astounded by her life and work. I looked up her books on the internet and read the excerpts from each. These excerpts were not lengthy but in that time I found a need in myself to discover more. The short excerpts made real sense to me. So I went and purchased the book 'Faith in the Valley'. It made me wake up at night and listen to my thoughts that were deep in my stomach and not only to listen but to take notice of them, good and bad. To listen to faith that for so many years I had simply let into the fringes of my life and never into the core. Iyanla Vanzant is thought provoking, inspirational and gifted. I have all her books now. She is a writer and teacher that would inspire Mother Teresa.

Once again, Mrs. Vanzant has outdone herself. Faith in the Valley is exactly what the title implies. Iyanla seeks to help the reader shed light on life's dull situations. Iyanla writes that it's okay to feel what you feel when you feel it. Don't hide your emotions; seek God; He will lead you to the truth of the situation. Know that everything no matter what happens is for the best, and move on. We have all been through, or are going through situations that may seem as if it is the end of the world. Mrs. Vanzant reminds you that if you are still breathing, functioning and waking up the next day every morning that everything is fine. In fact, everything was always all fine. Things may not always go your way, they will go God's way and God's way is always the best way. In Faith in the Valley Mrs. Vanzant puts in words what our intuition has been telling us all along, that same intuition that most of us have been ignoring all along. If you are or have ever felt anger, fear, hate, resentment, confusion or any emotion that has kept you in a state besides that of peace and love, Mrs. Vanzant wants to take you on a journey toward peace. Mrs. Vanzant's message is powerful; it possesses the power of love. Mrs. Vanzant's message is liberating she urges you to seek truth. If you have ever doubted yourself, your existence, your purpose, Faith in the Valley holds a wonderful, powerful and liberating message for you.

I can not express how insightful and helpful this book is! It really makes you look deep into the reason(s) why you thought you needed a book of affirmations in the first place. This book is perfect for those "why me" and "I really can't take any more" moments when you feel like life, and

everything in it, needs to give you a break. If you're a woman experiencing a lot of change in your life and it seems like you just can't handle another crisis (or is it a crisis afterall?), this is the book for you. I carry it in my purse!

My little paperback version of Iyanla Vanzant's Faith in the Valley has been used so much that it is now thoroughly dog-eared and marked up. This book has been a life saver on many rough days and the paperback version is small enough to comfortably carry around in your pocket. I have read this book straight through, as well as referred directly to the index that alphabetically lists situations and offers instant spiritual uplift. Faith in the Valley is a must have for everyone's personal library. It has certainly been my spiritual first aid kit.

This is the most inspiring, soul-revealing, soothing, book I have ever read. I carry it with me and read special passages as peaceful reminders to my spirit. Iyanla's words are constant gifts, a quiet voice that shouts at your heart, "I am the best me I can be today!"

This book is targeted towards African-American women, but I don't believe that African-American are the only women who experience "life in the valley." This book offers healing, inspiration and guidance to all who read it

This is my FAVORITE book by Iyanla Vanzant because of: It's size (small enough for your tiny purse), its lack of preach-i-ness and how the index is organized by subject. I feel its a synopsis of all the subjects covered in her other books. I also feel the book is applicable to women of ALL cultures. You can use it as a daily guide or you can use the index to find a subject for which you could use guidance.

Faith in the Valley is a wonderful book to keep by your bedside. It's perfect in that it has an index to locate how your feeling or lessons you want to learn. Topics include; Mistakes, Love, Acceptance, Temptation, Commitment, Courage, Denial and Fear. Definately something for everyone. I have given this book to all of my friends.

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