



Living Through the Meantime: Learning to Break the Patterns of the Past and Begin the Healing Process

By Iyanla Vanzant

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From the host of the OWN TV show, *Iyanla: Fix My Life*, the companion workbook to Iyanla Vanzant's #1 *New York Times* bestseller *In the Meantime* provides an easy, step-by-step program to help you begin the healing process after facing adversity.

Are you in the Meantime?

Are you confused, angry, disappointed, frustrated, anxious, apprehensive, sorry for yourself, or generally wiped out? If so, my friend, you are in the meantime.

Are you ready to put the pieces of your life together? Are you ready to begin the process of healing? Are you ready to give and receive love in all of your experiences?

In *Living Through the Meantime*, bestselling author Iyanla Vanzant will lead you, step-by-step, to a greater understanding of your own past, your motivations, and your desires. Once you have completed this program of meditation, self-care, and self-examination, you will be able to move beyond your meantime experience and into the love that is your true essence.

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Editorial Review

Amazon.com Review

The "meantime," according to best-selling author and inspirational speaker Iyanla Vanzant, is that in-between stage of life when you're gathering up strength, evaluating past mishaps, and preparing for the next chapter. Using the metaphor of psyche as house, Vanzant believes that the meantime offers a perfect opportunity for tackling a rigorous cleaning. "We are going to go through every inch of your emotional and spiritual house and clean up the mess, clear out the debris, fix the leaks, stop the squeaks, and reveal and repair any damage we can find," she promises in this workbook. Readers who felt soothed and inspired by Vanzant's *In the Meantime* will probably appreciate this floor-by-floor companion workbook. Every chapter of *Living Through the Meantime* contains an assortment of "Caring Exercises," ranging from affirmations, such as "I now place my faith in the power and presence of God's love" to quasi-therapeutic fill-in-the-blanks statements. (For example, "My earliest experience of feeling betrayed was ____.") Vanzant is not the most eloquent or sophisticated of writers, but she does seem to touch people's hearts and crack them open. Her main agendas are self-reflection and trust in God. Fans who are ready to tackle a hefty self-improvement project will not be disappointed with this workbook. Newcomers should check out her earlier book before committing to this one. -- *Gail Hudson*

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 Wiltern 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 Evars 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.innervisionworldwide.com.

Users Review

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Doris Rice:

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