



## Faith in the Valley: Lessons for Women on the Journey to Peace

By Iyanla Vanzant

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### Faith in the Valley: Lessons for Women on the Journey to Peace By Iyanla Vanzant

In this companion volume to her bestselling book *Acts of Faith*, bestselling author and star of “Iyanla: Fix My Life” discusses the “valleys” that cause stress and imbalance for women and explains how women can cleanse their minds and promote a healthy foundation for living in the modern world.

#### *A Note from Iyanla Vanzant*

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.

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### Editorial Review

From Library Journal

Popular speaker and "spiritual life counselor" Vanzant presents inspiration and advice addressed primarily to African American women but of use to everyone. She emphasizes that we have within ourselves the resources to solve most of our problems. "We always get what we expect," she says, and adds, "It is the Father's pleasure to give you the kingdom. The issue is, are you willing to receive it?" In *Faith in the Valley*, she uses "valley" as a metaphor and cites ten kinds of valleys in which we can find ourselves: life, understanding, courage, knowledge, wisdom, o.p.p. (other's people's problems and perspectives), comeuppance, purpose and intent, nonresistance, and love. "Wherever you are, play some, pray some, and have faith. When the praise goes up, the blessings come down." "Iyanla Live!" is a series of live recordings of programs Vanzant has presented. Audience responses are included. In *Our Relationship with Money*, she maintains that the state of our finances reflects our values and spiritual health. "Don't complain as you pay your bills. They come after you've made the phone calls, worn the shoes, used the car. The bills are evidence that you have been blessed." In *Our Relationship with the World*, she stresses that we are already empowered and it is up to us to act on that empowerment today, not to wait for some confluence of circumstances that may never come to be. Vanzant's no-nonsense advice is itself empowering and affirming. For public library collections. Ann Blaine Hilyard, Lake Villa Dist. Lib., IL  
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### Review

Joan Brady author of *God on a Harley Faith in the Valley* is a healing balm, skillfully applied to our deepest and oldest wounds. Iyanla Vanzant gently takes our attention off the negative thoughts which have left so much pain and destruction in their wake, and restores a new resiliency to our souls. She leaves us ready to receive love again...our own and that of others.

Julia A. Boyd author of *In the Company of My Sisters* Wisdom, courage, and faith sprinkled with lots of blessings and love: the message of Iyanla Vanzant comes right from the heart and goes straight to the soul. Iyanla truly loves and cares about us sisters and it shows. Thank you, sister Iyanla, for your gifts.

### 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 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](http://www.innervisionworldwide.com).

## **Users Review**

### **From reader reviews:**

#### **Charles Siegrist:**

Book is definitely written, printed, or created for everything. You can recognize everything you want by a publication. Book has a different type. We all know that that book is important point to bring us around the world. Adjacent to that you can your reading talent was fluently. A publication Faith in the Valley: Lessons for Women on the Journey to Peace will make you to end up being smarter. You can feel considerably more confidence if you can know about everything. But some of you think in which open or reading a new book make you bored. It is not make you fun. Why they might be thought like that? Have you searching for best book or appropriate book with you?

#### **Rick Maldonado:**

What do you in relation to book? It is not important along? Or just adding material when you really need something to explain what you problem? How about your spare time? Or are you busy man? If you don't have spare time to complete others business, it is make one feel bored faster. And you have spare time? What did you do? All people has many questions above. The doctor has to answer that question due to the fact just their can do in which. It said that about e-book. Book is familiar in each person. Yes, it is correct. Because start from on pre-school until university need this specific Faith in the Valley: Lessons for Women on the

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**George Bash:**

Spent a free a chance to be fun activity to do! A lot of people spent their spare time with their family, or their very own friends. Usually they accomplishing activity like watching television, likely to beach, or picnic within the park. They actually doing same thing every week. Do you feel it? Do you want to something different to fill your free time/ holiday? Could be reading a book is usually option to fill your free time/ holiday. The first thing that you ask may be what kinds of book that you should read. If you want to try look for book, may be the publication untitled Faith in the Valley: Lessons for Women on the Journey to Peace can be great book to read. May be it might be best activity to you.

**Jeannine Lawson:**

Many people said that they feel bored when they reading a e-book. They are directly felt that when they get a half regions of the book. You can choose the particular book Faith in the Valley: Lessons for Women on the Journey to Peace to make your current reading is interesting. Your own skill of reading ability is developing when you such as reading. Try to choose basic book to make you enjoy to study it and mingle the opinion about book and studying especially. It is to be very first opinion for you to like to available a book and examine it. Beside that the guide Faith in the Valley: Lessons for Women on the Journey to Peace can to be your brand new friend when you're experience alone and confuse in doing what must you're doing of this time.

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