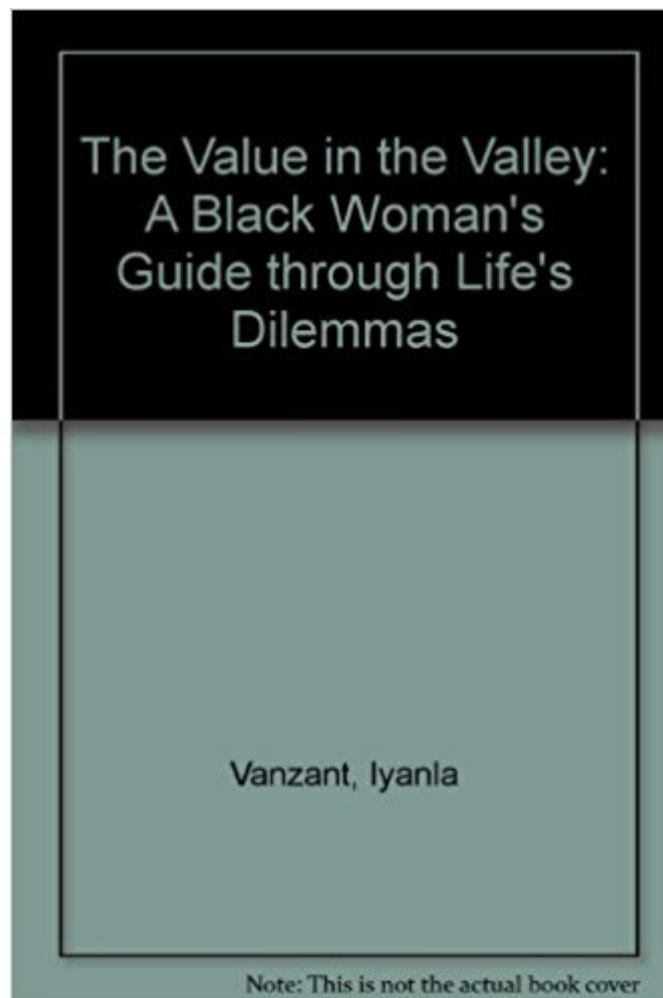




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# The Value In The Valley: A Black Woman's Guide Through Life's Dilemmas



## Synopsis

Offers black women a message on spirituality and empowerment and how to cope with the challenges and negative situations of life. Valleys, bad as they may seem, can serve a purpose. If you've ever been disappointed, abandoned, or just scared to let go, you need to find the value in the valley.

## Book Information

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## Customer Reviews

A guide for black women seeking to come to grips with seemingly insurmountable difficulties.

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Vanzant, a Yoruba priestess and metaphysician who lives in Maryland, writes with genuine depth of the struggles of black women and of the hope and strength that can be gained from honestly facing these "valleys" with compassion, forgiveness, and self-confidence. Vanzant outlines ten valleys; operative "laws" that govern them, e.g., "darkness must come to light"; the lesson that can be learned, e.g., forgiveness or humility; and the virtue to be acquired, e.g., consciousness or balance. She then devotes a chapter to each valley. Preceding each chapter is a meditation with the Mother of Creation who empowers her daughters. Highly recommended not only for African American women but for all who feel oppressed by the circumstances of their lives.--Carolyn M. Craft, Longwood Coll., Farmville, Va. Copyright 1995 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

I recently attended a meeting of United Methodist Women where the speaker, a lovely Black woman, referred to this book because her medical doctor had recommended it to her when she was feeling as though she were falling apart. Her references to portions of the book made me want to read it too. When I ordered the book and saw that it was written "for Black women" it occurred to me that ALL women, whether Black, White, Green or Purple, go through the same types of trials and difficulties in their journeys through this life, and I have bought a copy for my church library and have recommended it to several of my friends. It also occurs to me that many men would benefit from the heartwarming and inspirational stories in this book, and it is a great resource book for devotional talks. You can pick it up, open it ANYWHERE, and read for a long time or a short time and be thoroughly inspired. We are all God's children, and we need the positive vibes that this book offers.

This is the best self-help book I've ever read. I've had it for a year or so and I still go back and read it again from time to time. If you're trying to learn more about yourself or understand why your life is the way it is then this is the book for you. This book taught me so much about myself and life. It helped me to see things in a different light and make changes that improved my life tremendously.

I read this years ago and bought a copy for my friend who is having a tough time. This book is soooo helpful for anyone recovering from a break up, anyone who has low self-esteem or anyone just wondering why, why, why! Iyanla is an amazing writer and her words cut across all color lines.

I purchased this book years ago but loaned it to someone and didn't get it back. Iyanla's books guided me through the valley's and challenges I was facing during my divorce. I highly recommend this book for women of color since our journeys are unique. I have read most of Iyanla's books and I still make reference to her works and use some of the knowledge that I learned. Please share it with the women you care about that need to heal. Thanks for giving us this information.

Please read this book when you are ready to change your life. When you are ready to listen to your spirit and follow your intuition when it tells you things aren't quite right and RUN GIRL RUN! I had to put this book down several times! Not because it was a bore but because it got too intense. It got too real and was telling me things I was not ready to face. Other times I would have confusion in my life and go searching for this book and find that clarity I needed.

I enjoyed this book so much. At times I sat back and I had to laugh., many times in life I did these

things and second guess whether I handled things the right way. At the same time, I learned that I have a few things to work on, but that is ok...as was stated...no one is out to get me and we are always in one valley of another. While reading this book I share it with my boyfriend and he wants to read it...again I encourage anyone to read this!!

Another good read by her that I purchased years ago in book form! I wanted to read it at my leisure on my Kindle fire!

You certainly do not have to be either black or a woman to benefit from this book; you just have to be human. Ms. Vanzant's conversational style and prosaic examples will lead the reader through almost every type of relationship issue you could possibly find yourself in and then lead you out the other side. This book has given me real clarity and sound practical advice for digging out of the mess that is my life. I wish I had read this book before "In the Meantime." When I started "Getting Through the Meantime" I realized I was still mired in the valleys of my life and was in no way ready for the "Meantime." Facing reality is the first step in cleaning up your life, and Value in the Valley really slaps you up the side of head!

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