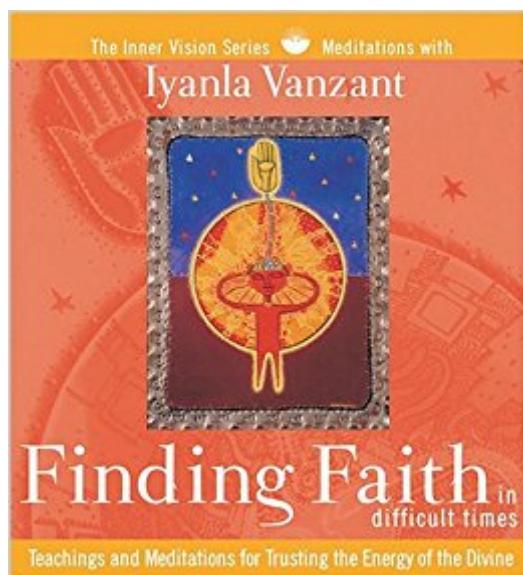


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# **Finding Faith In Difficult Times: Teachings And Meditations For Trusting The Energy Of The Divine (Inner Vision Series)**



## **Synopsis**

Iyanla Vanzant knows hard times, and how to work through them using the power of faith. Before writing five New York Times bestsellers, she had a troubled childhood followed by teen pregnancy, two abusive marriages, and welfare. How did she manage to turn her life around? *Finding Faith in Difficult Times* shares Vanzant's most cherished collection of the insights, prayers, and meditations she developed to work through those years of personal struggles. Here, you will learn how to cultivate faith and determination, build inner strength, and find lasting peace in even the most challenging moments of life.

## **Book Information**

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## **Customer Reviews**

Iyanla Vanzant Iyanla Vanzant has more than 8 million books in print. She is the author of five New York Times bestsellers including *Yesterday I Cried* (Fireside, 2000), *One Day My Soul Just Opened Up* (Fireside, 1998) and *In the Meantime* (Fireside, 1999). Iyanla Vanzant appears frequently on television and radio shows, including a recurring guest spot on *The Oprah Winfrey Show*.

I would recommend this to an individual who is in chaos, to find a quiet place and time to focus on what's important. Listen to it in stages, pause at each important area and apply to self. It is a good start to the basics of what you should be about. This is constant mediation and reinforcement till it becomes second nature. Enjoy readers.

This was a gift for a friend and it found it very helpful while he was going through challenging times.

still use

I enjoy this CD because sometimes I need a pick me up and this audio deliver the positive energy I need every time I play it.

Iyanla Vanzant once again does not disappoint in this faith filled CD. If you need a positive and faith-filled reinforcement, this is the CD to have. As with all of her other work, she is easy to listen to and will inspire you.

I've seen Ms. Vanzant's books in stores many, many times. My local library offers "Finding Faith In Difficult Times" as an online resource, so I decided to check it out. It would be very easy, without listening first, to attempt to classify this among the legion of "name it and claim it, law of attraction" books and recordings that litter the marketplace. But when you listen, you find out a few things. First, Ms. Vanzant is not an advocate of "sending it out to the universe" while you sit back and wait idly by. There is a moment where she asks you to ask your own guardian angels and the Holy Spirit within where you are selling yourself short. When she advocates "stop, drop & roll," it's once again about being honest with yourself, finding your own inner strength, being accountable to yourself, accepting full responsibility for your actions (or lack of them). This isn't a fluffy "new age" diversion. If you listen to this...L-I-S-T-E-N...you will hear a wise and compassionate woman coaching you on how to trust yourself, how to stop looking outside of yourself for "help" or "something for nothing." This kind of message is best listened to before sleep, after waking, or both. Don't play it in the car, don't put it on during the day when a hundred distractions swirl around you. And yes, the prayers and meditations ARE included...NO, you won't find "Our Fathers" and Hail Marys," but if you can listen to this recording front to back and claim that it is devoid of prayers and meditations, you weren't listening. Five stars, and one of my greatest "finds" in 2009.

I heard the CD version of FINDING FAITH IN DIFFICULT TIMES, written and read by Iyanla Vanzant (author of a book I previously enjoyed, YESTERDAY I CRIED) . . . this one was equally as good. As the author notes: \* Faith is the breakfast of champions. It is the staple diet of those fearless enough to see the invisible, hear the inaudible and attempt the impossible. Now I don't know if I'll be able to succeed in the latter category, yet I do feel inspired to try . . . the way to do this is to follow the

saying that Iyanla's father had: \* [Do} whatever it takes. There were many other tidbits that I gained from ON FINDING FAITH IN DIFFICULT TIMES; among them: \* Don't focus on what we don't want. Instead, we must focus on what we desire. \* When you find yourself in a disharmonious situation, ask yourself: "What can I do or give that will bring harmony to the situation?" \* One of my teachers once told me, "You'll never know what kind of soldier you are until you go into battle." \* We never really need faith until a storm enters our lives. Let faith be your umbrella. I also liked how Vanzant ended the program when she said: \* I think of faith as my American Express card. I never leave home without it. In addition, I liked the guided visualization exercises that were included with the program.

I downloaded this audio book from my library's website after reading, Peace from Broken Pieces. What a life story! At the time, I was consumed with anxiety over various life events. This program truly helped me break through that anxiety and find some peace. The section that spoke about Integrity being a part of Faith was especially helpful. New Age thinking is not my thing. But I respect Iyanla. She seems to truly "walk the walk," and I like her style.

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