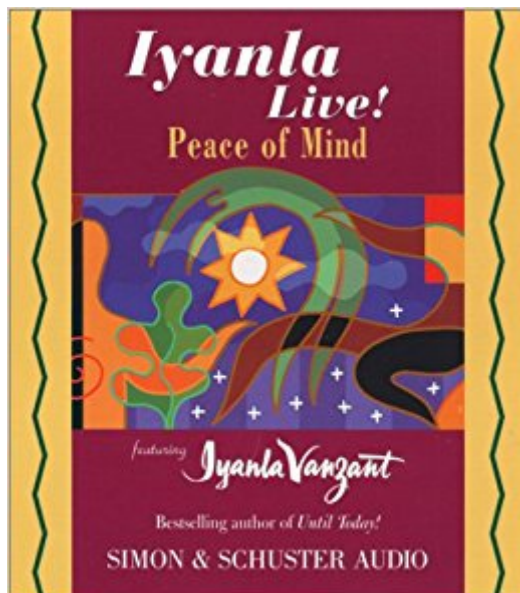


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Iyanla Live Peace Of Mind



Synopsis

In this live recording Iyanla Vanzant shares how we can use Peace of Mind to meet the frantic pace of modern life. Iyanla teaches us how to stay in a constant state of peaceful stillness so we won't be knocked off-center. By exercising the three laws of physics -- Inertia, Proportional Force, and the Law of Action -- we can hold our center in the face of a crazy world. Iyanla reminds us that no matter how much our Peace of Mind is challenged, we will have peaceful days.

Book Information

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Customer Reviews

Vanzant (In the Meantime) seems unflappable as well as unstoppable. Her self-actualization books and audiocassettes are best sellers, and her recent foray into television has garnered her praise. Gratitude and Peace of Mind won't disappoint longtime fans or new listeners. The author remains sassy, self-deprecating, and honest in her attempt to help listeners live fuller, more contented lives. In Peace of Mind, Vanzant reminds listeners of the three laws of physics: Inertia, Proportional Force, and the Law of Action, to explain how seekers can remain focused, centered, and in a state of peaceful stillness. Her definition of "what makes us crazy" is guaranteed to make listeners laugh and rethink what it means to take time for self. Gratitude explores what it means to be grateful, how to make it an ongoing experience. Vanzant's greatest gift is her ability to urge the people who come to her workshops to live responsible lives with humor. Recommended. Pam Kingsbury, Florence, AL
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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 Evers 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.innervisionsworldwide.com.

I love anything by Iyanla Vanzant...She is so motivating and inspiring I try to read or listen to everything she has done and I have never been disappointed in her work

it is recommend. Quality product, thick enough not to bend with a solid, comfortable grip. Couldn't ask for a better product for the price. delivery on time receive it next day . i will purchase it from you next time. my neighbor love it,

The CD is worth it's weight in gold. Iyanla once again gives you insight and new understanding on how to achieve peace of mind. I would recommend that anyone who needs a renewing of the mind and the spirit buy this CD.

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