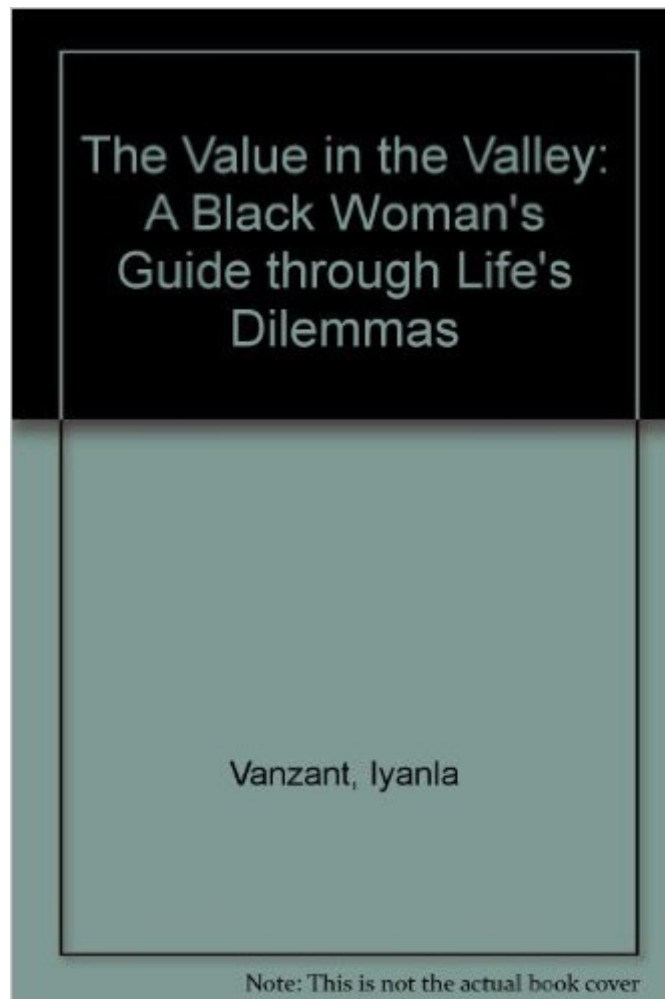


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# The Value In The Valley: A Black Woman's Guide Through Life's Dilemmas



## 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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Best Sellers Rank: #2,885,398 in Books (See Top 100 in Books) #11 in [Books > Books on CD > Authors, A-Z > \( V \) > Vanzant, Iyanla](#) #2740 in [Books > Books on CD > Health, Mind & Body > Self Help](#) #2760 in [Books > Books on CD > Health, Mind & Body > Personal Growth](#)

## Customer Reviews

This book knocked me for six. An extraordinary and powerful piece. Definately not for the faint hearted. I had to keep putting it down to cry my eyes out. It exposes you completely and empowers you in a way that you can never imagine. I found that i had to keep putting it down several times before i could finish. I described the "value in the valley" to one of my friends as a knock out in the ring. I am not just recommending this to every single female but also male readers. It's helped guide me through a difficult period. I was able to make a very confusing, difficult and the most important decision my life look so easy. Iyanla, when would you be coming to London?

I was first turned onto this book when I raided my sister's bookshelf. She is just as avid a reader as me and I go over her house to get reading material whenever I have run through all of my own. Now I own a copy of this book myself. I just had to have it. No book has come closer to evaluating my real life. If the things in one chapter didn't happen to me, then they have certainly happened to someone I know. I think this book should be required reading for all women, no matter what their age or race. It helps put a method to the madness of our daily lives and the things we endure in

relationships.

I'm a 26 year old single parent, and just happened to pick this book up by chance. Once I started reading it I couldn't put it back down. This book is very uplifting, and teaches how to not let circumstances overcome you, but shows you how to overcome your current circumstances. No matter where you think you are in your life, this book forces you to take a second look, and with your eyes wide open so that you get a glimpse of the truth.

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.

Iyanla's book is one which every woman SHOULD have, because we all go through our own ordeal at one point in time - whether we choose to admit it or not. "Value in the Valley" helps us to realize that the "inner voice" always guides us and makes us understand why we do the things we do. But for this book to be truly effective, it takes a woman to reach a point where she's courageous enough to trust herself.

I have several books from Iyanla Vanzant. I love her direct approach to problems that come up in people's daily lives. I also think she is one of the best spiritual teachers around, she knows her stuff and presents it all with such grace. She has to be doing something right if she co-stars with Oprah on Life Class. Definitely up there with the other spiritual teachers such as Deepak Chopra, Maryann Williamson, Caroline Myss, Wayne Dyer, etc. Iyanla has a no-nonsense, put your big girl panties on style of her own that you just gotta love. Check her out on her hit TV show on OWN, Iyanla Fix My Life. You will be a fan forever! Namaste.

If there has ever been a book to influence a woman's life it is this one. I can testify that it changed mine. I was in an unhappy situation in my life and did not even realize I had the strength to change it. After reading this book it made me see more clearly the options I had and the strength and knowledge to do what I must for myself and my kids. It took me a few years but I have bought and lent out this book so many times just because I feel it is a book every woman should keep near...not just women of color....EVERY WOMAN. I know this a late review but it is as true now and it was when I first bought this back in 2010. UPDATE: LIFE IS GREAT NOW!!!!!!

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.

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