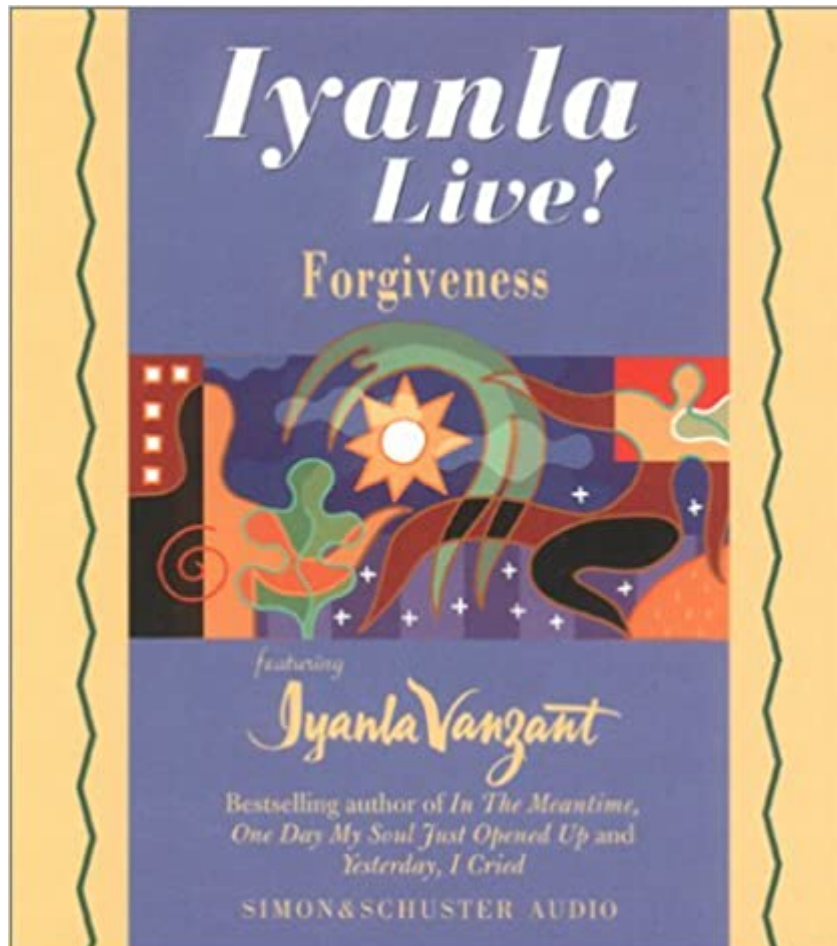




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# Iyanla Live! Forgiveness



## Synopsis

In this live recording Iyanla Vanzant shows us how to make our spirituality functional in our lives through Forgiveness. Iyanla teaches us that in order to forgive, we have to ask ourselves two questions. Who am I, and what do I want to do? It's always easy to focus on what someone did to us because we want to hold onto our anger. We want to stay in pain. Iyanla warns us that too much pain in our lives makes us unconscious. Is what you're holding onto serving you? Is being angry a reflection of who you are? Are you big enough to forgive? Forgive.

## Book Information

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Audio CD

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Best Sellers Rank: #5,268,020 in Books (See Top 100 in Books) #23 in [Books > Books on CD > Authors, A-Z > \( V \) > Vanzant, Iyanla](#) #397 in [Books > Books on CD > Parenting & Families > Interpersonal Relations](#) #4187 in [Books > Books on CD > Health, Mind & Body > Personal Growth](#)

## Customer Reviews

Iyanla Vanzant is the host of the daytime talk show "Iyanla" which airs weekdays across the country. She is the award-winning and bestselling author of *Until Today!*, *Yesterday, I Cried*, *One Day My Soul Just Opened Up*, *In the Meantime* and many others. *Ebony* has named her one of its "55 Most Intriguing People," *Vibe* magazine tabbed her as one of the "100 Leaders of the New Millennium," and *Newsweek* recently included her as one of the "Women of the New Century." She lectures and facilitates workshops nationally, assisting in the empowerment of women and men everywhere.

I thought I was getting the book. Did not read the description properly. Disappointed. My mistake. Can no longer find the book on audio CD. Very very disheartening. This live recording was not helpful to me at all. Much too simple. Is nothing like the book.

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