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# One Day My Soul Just Opened Up: Working Toward Spiritual Strength And Personal Growth



## **Synopsis**

Iyanla Vanzant is the much-loved and bestselling author of "In the meantime" and "Until today!". Through her work, millions of readers have found the inspiration to make profound changes in their lives. Calling on both personal experience and her work with others, Iyanla's "One day my soul just opened up" is a message of empowerment both for women and men, encouraging us to tap into our strengths and make our dreams come true. Through a forty day and forty night programme of exercises and readings, Iyanla guides us through our daily obstacles towards greater emotional and spiritual health.

## **Book Information**

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## **Customer Reviews**

Ordained minister and "spiritual life counselor" Iyanla Vanzant doesn't know the exact moment when her soul opened up "and the spirit of the divine entered [her] body." But she will always remember the key insight that opened the door to her soul and simultaneously locked the door to her insanity: "If you know who walks beside you, you can never be afraid." This is the premise from which Vanzant has launched her enormously successful 40-day, spiritual self-help program. *One Day My Soul Just Opened Up* is designed as day-by-day journal/workbook to help readers believe in a divine presence while pondering daily spiritual lessons such as simplicity, peace, compassion, and nonjudgement. The charismatic Vanzant (whom Oprah Winfrey considers to be one of the world's most admirable spiritual leaders) has a gift for humble, tell-it-like-it-is talk. She is also a wise and warm soul, eager to help others trust in love and find a relationship with God in order to get on with their lives. Readers especially like her daily list of inspirations titled "Let Me Remember." For

example, under day 23, "When You Feel Angry," she uses the list to remind readers: "All things work to bring me healing

Vanzant is a motivational speaker, spiritual counselor, ordained minister, and Yoruba priestess (minister of the ancient Nigerian religion). A frequent guest on the Oprah Winfrey Show, this prolific author also makes regular appearances on best sellers lists. Yesterday, I Cried is chiefly an autobiographical account of how Vanzant triumphed over her troubled past to achieve success. Losing her mother at age three, she was a childhood victim of physical, emotional, and sexual abuse. A single mother at 16, Vanzant rushed into an abusive marriage at 19 and was soon raising three children alone on welfare. Despite this, she earned both undergraduate and law degrees and now counsels others on overcoming difficult circumstances to achieve happiness and spiritual fulfillment. In One Day My Soul Just Opened Up, Vanzant speaks of pursuing spiritual and personal growth. Unfortunately, her advice is often redundant and sprinkled with vague platitudes, e.g., "You can only have what is for you to have" and "Love will heal anything that is not an expression of love." Though Vanzant's rich, sonorous voice is certainly an asset to these abridged productions, it cannot compensate for their meager content. Her many fans will probably expect to find these at public libraries, but purchase only to cover demand. ABeth Farrell, Portage Cty. Dist. Lib., OH  
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Iyanla is amazing. The daily workshops are easy but still give you daily food for thought. I'm not done with the book so I can't testify to my soul being opened up yet. I do find the words encouraging and uplifting, which in this day I believe we could all use a bit more of. I've also found the writing frank about unpleasantness which I think quite a few self-help books could use more of. You can't help yourself if you're still in denial. I like it, you should pick it up.

If you don't have this book you should. I read this book as it says to, for 40 days. It helped me more than anything ever has before. I highlighted as suggested too. I could relate to everything. Thank you so much for writing it. You are blessed!

I am passing this book on to family and friends as it is inspirational and guided. Iyanla opens her life up to help in explaining life and the power of the Divine. She gives strategies to love yourself and value your life. With every page read you are convinced that you are worthy!

I absolutely love this book! After attending, Oprah's The Life You Want Tour, Iyanla left me open and hungry to a newness. I was motivated to find my inner greatness and release all things holding me bound. Her books give life new meaning and help me navigate my world, mind and spirit to a new place.

I purchased this book in the past and have purchased it again. I love this book because each day is different and allows you to think in a positive way on how to work on yourself. I believe it's an eye opener on your thought process. It's definitely a book that can be used at any point of time in your life.

I appreciate how Iyanla walks through the various stages of inner reflection. Although it could have been said in fewer pages, as she admits, it would not have been as thorough for me. I needed the baby steps. I recommend this for anyone seeking to understand themselves, as a starter and as a reminder. Once he or she is willing to step out of drama-filled existence to find peace, faith, and a deeper experience of love.

I love this book, and loved the journey. I took longer than 40 days, and completed it in around 60. I am thinking of reading through it once more. Just wonderful.

Such a great read and empowering!! Afterall, what do you expect from Iyanla?!

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