



The Value in the Valley: A Black Woman's Guide Through Life's Dilemmas

By Iyanla Vanzant

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Is it the job you hate but need in order to pay the rent? Is it that relationship that you gave your all to only to end up with a broken heart...again? Perhaps it's your children, a family member, or a life-long friend doing you in, dragging you down, pushing you to the brink. If you are an honorary member of the Black Woman's Suffering Society, you have probably been told that it's all your fault. Or that struggling and suffering is your lot in life. Iyanla Vanzant says, *No!* Life is an Act of Faith and suffering is optional! Those everyday challenges, obstacles, and dilemmas are what Iyanla calls "valleys." As bad as they may seem, there is a purpose or, as Iyanla says, "There is so much value in the valley."

If you've ever been disappointed, betrayed, rejected, abandoned, or just plain old scared to let go, then you've been or may still be in a valley. Iyanla knows -- she's been there and on a bad day she's still there, but now she shares the way out with you.

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Editorial Review

From Publishers Weekly

A guide for black women seeking to come to grips with seemingly insurmountable difficulties.

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From Library Journal

Vanzant, a Yoruba priestess and metaphysician who lives in Maryland, writes with genuine depth of the struggles of black women and of the hope and strength that can be gained from honestly facing these "valleys" with compassion, forgiveness, and self-confidence. Vanzant outlines ten valleys; operative "laws" that govern them, e.g., "darkness must come to light"; the lesson that can be learned, e.g., forgiveness or humility; and the virtue to be acquired, e.g., consciousness or balance. She then devotes a chapter to each valley. Preceding each chapter is a meditation with the Mother of Creation who empowers her daughters. Highly recommended not only for African American women but for all who feel oppressed by the circumstances of their lives.

--Carolyn M. Craft, Longwood Coll., Farmville, Va.

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Review

Linton Weeks *The Washington Post* Iyanla Vanzant has been down and out. Now her books are pulling others up.

Ruby Dee *The Value in the Valley* takes a great many of the neglected and unexplored areas of our minds and lives and brings them, through racism, sexism, and the challenges of just living, into sharper focus. How to turn doubt to faith, despair to hope, confusion to clarity, and make sure that healthy seeds of consciousness, planted in nurturing Black soil, can grow toward the sunlight and burst forth in glorious flower.

Users Review

From reader reviews:

Walter Cornwell:

Now a day individuals who Living in the era just where everything reachable by talk with the internet and the resources included can be true or not demand people to be aware of each information they get. How many people to be smart in acquiring any information nowadays? Of course the answer then is reading a book. Reading a book can help men and women out of this uncertainty Information specifically this The Value in the Valley: A Black Woman's Guide Through Life's Dilemmas book as this book offers you rich facts and knowledge. Of course the information in this book hundred percent guarantees there is no doubt in it everybody knows.

Paula Jackson:

Spent a free time and energy to be fun activity to try and do! A lot of people spent their down time with their

family, or all their friends. Usually they accomplishing activity like watching television, planning to beach, or picnic inside the park. They actually doing same task every week. Do you feel it? Do you want to something different to fill your own personal free time/ holiday? Could be reading a book may be option to fill your free time/ holiday. The first thing that you ask may be what kinds of reserve that you should read. If you want to try out look for book, may be the book untitled The Value in the Valley: A Black Woman's Guide Through Life's Dilemmas can be good book to read. May be it can be best activity to you.

Adam Sea:

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Corey Mullen:

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