

Yesterday i cried



**ASSIGN
BUSTER**

Life is about cleaning up the crap and, while you're doing it, being okay with the fact that you have to do it.... A word of caution. You can't get caught up in the crap! If you do, you will surely lose sight of the real meaning of life and lose your Self. " Iyanla Vanzant knows plenty about dealing with just such " crap. " She has led a difficult life, full of periods of abuse and self-loathing, but she has managed to learn " the lessons beneath the tears" and move beyond her grief and into understanding.

In *Yesterday, I Cried*, she passes these lessons along, continually stressing that past hardships can and should be used to teach us how to grow, heal, and love others and ourselves. The tone of the book is especially engaging because she seems to be actively working out her problems as she writes, gently pulling the reader into what becomes a mutual catharsis. Reading this book was a spiritual journey for me. It was easy to become an invisible looker-on in the scenes as she vividly painted the pictures.

Yesterday I cried is a book that all of us can relate to on one level or another. Iyanla tells us of the almost unbearable hardships that she went through as a child and how it affected her up until the present day, don't think it is just another sob story though, remember its intention is motivation not deactivation. She makes turning your life to the positive sound real. A very easy read. Only if you are open and ready to use it. *Yesterday, I Cried* is filled with Vanzant's insights into life, human nature, and the process of transformation.

It begins with an intense, charged poem that explains the healing power of tears, which can clear the way for a new self, a new life. " In the midst of my

crying, I felt my freedom coming," writes Vanzant. Using her personal experiences to explain how we can learn and grow in the midst of tragedy, Vanzant provides the keys for changing your life. An emotional, often painful exploration of her past, the book tells the story of the person that Vanzant used to be. She faced incredible obstacles, including abuse and neglect from her family, and later from her husband.

The ups and downs of Vanzant's life -- from teenage pregnancy and welfare to law school and fame -- are rendered in absorbing, intimate detail. She brings us along with her as she finds her path through the rough times, emerging with a vision of hope. Building a positive present on the painful memories of the past is no small task. *Yesterday, I Cried* is an invaluable record of how one woman transformed herself. A speaker, author, and minister, Vanzant aims to help you do the same.