

# **tapping the power within iyanla vanzant**

Tapping the Power Within Iyanla Vanzant: Unlocking Your Inner Strength and Transformation

**tapping the power within iyanla vanzant** is more than just a phrase—it's an invitation to embark on a profound journey of self-discovery, healing, and empowerment. Iyanla Vanzant, a renowned spiritual teacher, author, and life coach, has inspired millions with her authentic approach to personal transformation. Her teachings center on the belief that each of us holds an incredible reservoir of power within, waiting to be acknowledged and unleashed. If you're curious about how to awaken this internal force and live a more fulfilling life, exploring Iyanla's philosophy and methods can be a powerful place to start.

## **Understanding the Core of Tapping the Power Within Iyanla Vanzant**

Iyanla's message revolves around the idea that true change begins internally. She emphasizes that before we can change our external circumstances, we must first confront and heal our inner wounds. This process requires honesty, vulnerability, and a willingness to face uncomfortable truths about ourselves.

## **The Role of Self-Awareness and Reflection**

One of the foundational steps in tapping the power within Iyanla Vanzant's work is cultivating self-awareness. This means paying close attention to your thoughts, emotions, and behaviors without judgment. Through reflective practices such as journaling or meditation, you begin to identify patterns that might be holding you back.

Iyanla often stresses the importance of asking hard questions:

- What beliefs do I hold that limit my growth?
- How have past experiences shaped my current reality?
- What fears are preventing me from stepping into my power?

Answering these questions honestly can illuminate areas that need healing and growth.

# Healing Past Trauma to Unlock Your Potential

Iyanla Vanzant's teachings frequently address the impact of unresolved trauma and emotional pain. She guides individuals to confront these wounds head-on, offering tools for forgiveness and self-compassion. According to her, healing isn't about forgetting the past but transforming pain into strength.

By working through trauma, people can release negative energy and reclaim their personal power. This process often involves:

- Acknowledging the pain instead of suppressing it
- Seeking support through counseling or spiritual guidance
- Practicing forgiveness, both of oneself and others

This healing journey lays the groundwork for tapping into one's inner strength and moving forward with renewed confidence.

## Practical Steps to Tap the Power Within Iyanla Vanzant's Teachings

While the philosophy behind tapping the power within is deeply spiritual, Iyanla offers practical steps that anyone can integrate into their daily lives.

### 1. Embrace Accountability

Iyanla is a strong advocate for personal accountability. She encourages people to stop blaming external circumstances for their challenges and instead take ownership of their choices and actions. This shift in mindset is liberating because it puts you in the driver's seat of your life.

### 2. Cultivate a Daily Practice of Affirmations and Intentions

Positive affirmations are a cornerstone of many self-empowerment practices, and Iyanla incorporates them as a way to reprogram the subconscious mind. By consistently affirming your worth, strength, and purpose, you begin to internalize these truths.

Setting daily intentions also helps focus your energy on what matters most. For example, starting the day with an intention like "I will approach challenges with courage and grace" can influence how you respond to situations.

### **3. Develop Emotional Resilience**

Life will invariably throw curveballs, but tapping the power within involves building the resilience needed to bounce back. Iyanla teaches that resilience comes from embracing your emotions fully, learning from setbacks, and maintaining hope even during tough times.

Techniques such as mindfulness, deep breathing, and grounding exercises can help regulate emotions and foster inner calm.

## **The Role of Spirituality in Tapping the Power Within Iyanla Vanzant**

Iyanla Vanzant's approach is deeply spiritual, blending elements of faith, universal laws, and metaphysical concepts. For many, this spiritual foundation is what makes her teachings resonate so powerfully.

### **Connecting with Your Higher Self**

Central to Iyanla's philosophy is the idea of connecting with a higher self or divine source. This connection acts as an inner compass, guiding decisions and providing strength during adversity. Through prayer, meditation, or quiet reflection, you can nurture this relationship and gain clarity.

### **The Power of Forgiveness as a Spiritual Practice**

Forgiveness, in Iyanla's view, is a transformative act that frees the forgiver more than anyone else. Letting go of resentment and bitterness opens up space for healing and abundance. This spiritual release is a critical step in tapping into your full potential.

## **How Iyanla Vanzant's Work Inspires Real-Life Transformations**

Countless individuals have found hope and empowerment through Iyanla's books, workshops, and television appearances. Her ability to speak candidly about pain, redemption, and growth makes her relatable and trustworthy.

# Stories of Healing and Empowerment

Many who follow Iyanla's teachings report significant changes such as:

- Breaking free from toxic relationships
- Overcoming self-doubt and low self-esteem
- Finding clarity on life purpose and goals
- Developing healthier communication patterns

These stories highlight that tapping the power within is not a distant ideal but a tangible reality accessible to everyone.

## Incorporating Iyanla's Principles into Everyday Life

You don't need to attend a seminar or read every book to benefit from Iyanla's wisdom. Simple daily actions inspired by her work include:

- Practicing gratitude to shift focus to positive aspects of life
- Setting boundaries to protect your energy
- Engaging in honest conversations with yourself and others

These small but consistent efforts help build momentum toward lasting empowerment.

## Embracing Your Journey: Tips for Sustaining Inner Power

Tapping the power within Iyanla Vanzant teaches us is an ongoing process, not a one-time event. Here are some tips to help sustain your growth and keep your inner fire burning:

- **Stay Committed:** Change requires persistence. Keep showing up for yourself even when progress feels slow.
- **Seek Support:** Surround yourself with people who uplift and encourage your growth.
- **Celebrate Wins:** Acknowledge your achievements, no matter how small, to build confidence.
- **Be Patient:** Healing and transformation take time. Allow yourself grace throughout the process.

By integrating these practices, you can continue to tap into the power within and create a life aligned with your true essence.

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Tapping the power within Iyanla Vanzant's teachings offers a roadmap for anyone longing to break free from limitations and live authentically. Her blend of spiritual insight, practical guidance, and compassionate encouragement makes the journey accessible and transformative. When you begin to listen deeply to your inner voice, heal old wounds, and take intentional steps toward growth, you open the door to a life rich in purpose, peace, and personal power.

## **Frequently Asked Questions**

### **What is 'Tapping the Power Within' by Iyanla Vanzant about?**

'Tapping the Power Within' by Iyanla Vanzant is a self-help program focused on empowering individuals to overcome personal challenges, heal emotional wounds, and unlock their inner strength through spiritual and practical guidance.

### **Who is Iyanla Vanzant, the creator of 'Tapping the Power Within'?**

Iyanla Vanzant is a renowned author, motivational speaker, and spiritual life coach known for her work in personal development, healing, and empowerment, particularly through her books and television show 'Iyanla: Fix My Life.'

### **How can 'Tapping the Power Within' help me improve my life?**

'Tapping the Power Within' provides tools and techniques to help individuals develop self-awareness, build confidence, release negative patterns, and create a more fulfilling and purposeful life through inner healing and empowerment.

### **Is 'Tapping the Power Within' suitable for people new to spirituality and self-help?**

Yes, 'Tapping the Power Within' is designed to be accessible for beginners as well as those experienced in spirituality and self-help, offering practical exercises and insights that anyone can apply to their personal growth journey.

### **What are some key techniques taught in 'Tapping the**

## **Power Within'?**

The program includes techniques such as mindfulness, affirmations, emotional release practices, and guided meditations aimed at helping individuals connect with their inner power and transform limiting beliefs.

## **Can 'Tapping the Power Within' be used alongside other therapy or coaching?**

Absolutely, 'Tapping the Power Within' can complement other forms of therapy or coaching by providing additional tools for self-reflection, emotional healing, and empowerment that enhance overall personal development.

## **Where can I access the 'Tapping the Power Within' program by Iyanla Vanzant?**

'Tapping the Power Within' can be accessed through Iyanla Vanzant's official website, authorized online platforms, or through workshops and events where Iyanla offers her coaching and training sessions.

## **Additional Resources**

Tapping the Power Within Iyanla Vanzant: An Investigative Review of Her Transformative Approach

**tapping the power within iyanla vanzant** is more than a phrase; it encapsulates a philosophy that has resonated deeply with audiences seeking personal growth and empowerment. Iyanla Vanzant, a renowned spiritual teacher, author, and television personality, has built a career on guiding individuals towards self-discovery and healing through introspective practices and candid conversations. This article delves into the core concepts behind Vanzant's approach, examining how her work facilitates inner transformation and what sets her methods apart in the realm of self-help and spiritual development.

## **Understanding Iyanla Vanzant's Philosophy**

Iyanla Vanzant's approach centers on empowering individuals to confront their inner challenges and unearth latent strengths. "Tapping the power within Iyanla Vanzant" effectively means recognizing and utilizing one's inherent capacity for change. Unlike quick-fix solutions, her methodology emphasizes sustained self-reflection and accountability, encouraging a holistic engagement with one's emotional and spiritual landscape.

Her teachings often draw from a blend of African-American spiritual traditions, psychology, and practical wisdom. The integration of these

elements creates a unique framework that resonates with a diverse audience, including those who may feel alienated by conventional self-help paradigms. The authenticity and vulnerability Vanzant exhibits in her work allow participants to engage in transformative healing processes with a sense of safety and hope.

## **The Role of Emotional Healing in Vanzant's Work**

At the heart of tapping the power within Iyanla Vanzant lies emotional healing. Vanzant stresses that unresolved pain and trauma serve as barriers to personal empowerment. Through her books, workshops, and her television program "Iyanla: Fix My Life," she guides individuals to confront these wounds directly, facilitating a journey from victimhood to victory.

Research supports the efficacy of such approaches. Studies in psychotherapy underscore the benefits of confronting and processing trauma for mental well-being. Vanzant's work aligns with these findings but extends beyond clinical settings by making healing accessible and relatable to a broad public.

## **Tools and Techniques: How Iyanla Facilitates Change**

Vanzant employs a variety of tools designed to help individuals tap into their inner power:

- **Self-reflection exercises:** Encouraging journaling and meditation to foster awareness.
- **Confrontational dialogue:** Engaging clients in honest discussions to dismantle denial and avoidance.
- **Spiritual affirmations:** Utilizing positive affirmations grounded in faith and spirituality to rebuild self-esteem.
- **Accountability frameworks:** Setting actionable goals and follow-ups to ensure progress.

These techniques are not presented as rigid prescriptions but as adaptable strategies tailored to each person's unique journey. This flexibility contributes to the broad appeal of Vanzant's approach.

## **Comparing Iyanla's Approach to Other Self-Help**

# Modalities

In the crowded landscape of self-help, distinguishing features of tapping the power within Iyanla Vanzant include her emphasis on authenticity and spiritual grounding. Unlike purely cognitive-behavioral methods, which focus primarily on changing thought patterns, Vanzant integrates emotional and spiritual dimensions, acknowledging the complexity of human experience.

Compared to motivational speakers who often rely on high-energy rhetoric, Vanzant's style is more measured and introspective. This can be particularly effective for individuals seeking depth rather than surface-level motivation. However, some critics argue that her approach may lack the empirical rigor found in some psychological therapies, making it less suitable for severe mental health conditions without professional clinical support.

## Pros and Cons of Tapping the Power Within Iyanla Vanzant

- **Pros:**

- Emphasizes holistic healing encompassing mind, body, and spirit.
- Encourages personal accountability and sustained growth.
- Accessible language and relatable storytelling.
- Integrates cultural and spiritual elements that resonate with diverse audiences.

- **Cons:**

- Lacks standardized clinical validation.
- May not address complex psychological disorders adequately.
- Relies heavily on individual motivation and commitment.



# **The Impact of “Tapping the Power Within” on Popular Culture and Personal Development**

Iyanla Vanzant’s influence extends beyond individual coaching. Her presence in popular culture, notably through television and bestselling books, has helped normalize conversations about pain, forgiveness, and resilience. The phrase “tapping the power within” has become a shorthand for an empowering journey that many find appealing in turbulent times.

Moreover, her approach has inspired a wave of spiritual and self-help practitioners who emphasize inner strength and healing from trauma. The ripple effect of her work is evident in the proliferation of workshops, podcasts, and online communities that echo her themes.

## **Case Studies and Testimonials**

Numerous testimonials from participants in Vanzant’s programs highlight significant life changes, including improved relationships, career breakthroughs, and enhanced self-esteem. For example, individuals who have appeared on her show often recount transformative experiences after engaging with her guided introspection and accountability methods.

While anecdotal, these success stories provide valuable insights into the practical outcomes of tapping the power within Iyanla Vanzant. They also underscore the importance of a supportive environment in facilitating personal growth.

## **The Continuing Relevance of Iyanla Vanzant’s Teachings**

In an era marked by social upheaval and widespread psychological stress, the principles underlying tapping the power within Iyanla Vanzant remain profoundly relevant. Her message encourages people to look inward for strength amid external challenges, a notion that resonates with current trends in mindfulness and resilience-building.

Furthermore, the ongoing popularity of her books and television programs suggests a sustained demand for guidance that combines spirituality with practical life coaching. As the self-help industry evolves, Vanzant’s blend of empathy, wisdom, and empowerment continues to offer a distinctive path toward healing and transformation.

Tapping the power within Iyanla Vanzant is, therefore, not simply a slogan but an invitation to embark on a deeply personal and transformative journey—one that challenges individuals to reclaim their narrative and foster

lasting empowerment through self-awareness and spiritual growth.

## **Tapping The Power Within Iyanla Vanzant**

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**tapping the power within iyanla vanzant:** *Tapping the Power Within* Iyanla Vanzant, 2018-11-27 The revised and expanded 20th-anniversary edition of Iyanla Vanzant's first published work offers a powerful path to self-empowerment through the revitalization of one's spiritual and ancestral roots. Written with Iyanla's signature healing stories, this classic guide to uniting the will with the spirit teaches that only you have the power to make a change for the better. With chapters on basic breathing and meditation techniques, setting up a home altar, connecting with ancestors and guardian spirits, and the extraordinary power of forgiveness, this book is a perfect companion on the way toward the real you. Known for teaching by principle and example, this exclusive edition also contains Iyanla's special What I Know Now commentaries and an original CD. These tools will challenge you to stop struggling and start recognizing that it is possible to reconcile your humanity with your divinity. Whether you are a beginner on the path or a veteran in need of refreshment, Iyanla's prescriptions can support your growth from the comfort of spiritual adolescence to the wisdom of spiritual maturity. You no longer need to settle for the way things are . . . you can open up to the way things can be—if you dare to tap the power within!

**tapping the power within iyanla vanzant: Tapping the Power Within** Iyanla Vanzant, 2009 The 20th anniversary edition of Vanzant's first published work offers a powerful path to self-empowerment based on the revitalization of one's spiritual and ancestral roots.

**tapping the power within iyanla vanzant: Sacred Fire** , 1999-01-18 QBR's evolving canon is a splendid way to begin honoring black artists. -Charles Johnson, from the Foreword From critiques of W. E. B. Du Bois's *Black Reconstruction in America* to Alex Haley's *Roots* to Langston Hughes's *The Ways of White Folks*, these short, trenchant essays stimulate and challenge.-Booklist A celebration of black literature. . .insightful commentary.-Ebony A rich and surprising assortment.-American Legacy Delving into a book is an entertaining and edifying way to celebrate and reflect on the rich tapestry of African American history. A great way to start is with *Sacred Fire: The QBR 100 Essential Black Books*. -Atlanta Journal-Constitution Capturing the full sweep of writing from the diaspora—from Africa to the Caribbean to America—*Sacred Fire* is a soul-stirring collection of provocative analysis on 100 works of literature that have shaped and defined black culture for over 200 years.

**tapping the power within iyanla vanzant: Yesterday, I Cried** Iyanla Vanzant, 1999-09-17 "The most powerful spiritual healer, fixer, teacher on the planet." —Oprah Winfrey What if your deepest pain held the key to your greatest healing? In *Yesterday, I Cried*, New York Times bestselling author and spiritual teacher Iyanla Vanzant shares her powerful personal story—a journey marked by abuse, neglect, heartbreak, and loss. With unflinching honesty and raw emotion, she invites us to witness how life's most painful moments can transform into profound lessons of resilience, self-love, and spiritual growth. Through deeply personal reflections, Iyanla shows how crying—once seen as a sign of weakness—became her pathway to strength, clarity, and healing. Her story is not just her own, but one many will recognize: the struggle to rise above past wounds and reclaim inner peace. This soul-stirring work is for anyone who's ever felt broken by life, yet still hopes to find wholeness. If you've ever asked, "Why me?" or "How do I move forward?"—this book

offers an honest, compassionate answer.

**tapping the power within iyanla vanzant:** Peace From Broken Pieces Iyanla Vanzant, 2012-02-01 How do you find your way through the broken pieces and the pain to peace? In this honest and searching book, New York Times best-selling author Iyanla Vanzant recounts the last decade of her profoundly human journey and shares her own hard lessons to inspire you to put your personal puzzle back together. Part metaphorical teaching story, part wrenching personal chronicle, this phoenix-rising-from-the-ashes tale is about men and money, love and work, mothers and daughters, life and death, and the patterns and pathologies that families pass down through the generations—until someone gets clear enough to break the pattern and pave the way to healing. Discover why everything you need to learn is reflected in your relationships; gain a new perspective on personal power, spiritual purpose, and karma; and recognize that it is possible to make your broken pieces whole.

**tapping the power within iyanla vanzant:** What Did I Learn Today? Lessons on The Journey to Unconditional Self-Love Akosua Dardaine Edwards, 2013-08 It's a funny thing when you take responsibility for your life and tell the absolute and brutal truth. What's the famous saying? The truth will set you free? Yes, it sure does. The time had come to be brutally honest, to tell the truth, to take responsibility. This is my story, the journey of how I discovered love for me, unconditionally.

**tapping the power within iyanla vanzant:** Critical Perspectives on Interreligious Education, 2020-03-31 The editors of *Experiments in Empathy: Critical Reflections on Interreligious Education* have assembled a volume that spans multiple religious traditions and offers innovative methods for teaching and designing interreligious learning. This groundbreaking text includes established interreligious educators and emerging scholars who expand the vision of this field to include critical studies, decolonial approaches and exciting pedagogical developments. The book includes voices that are often left out of other comparative theology or interreligious education texts. Scholars from evangelical, Muslim, Catholic, Protestant, Jewish, religiously hybrid and other background enrich the existing models for interreligious classrooms. The book is particularly relevant at a time when religion is so often harnessed for division and hatred. By examining the roots of racism, xenophobia, sexism and their interaction with religion that contribute to inequity the volume offers real world educational interventions. The content is in high demand as are the authors who contributed to the volume. Contributors are: Scott Alexander, Judith A. Berling, Monica A. Coleman, Reuven Firestone, Christine Hong, Jennifer Howe Peace, Munir Jiwa, Nancy Fuchs Kreimer, Tony Ritchie, Rachel Mikva, John Thatanamil, Timur Yuskaev.

**tapping the power within iyanla vanzant:** Speaking to Silence Janet S. Peterman, 2007-01-01 Janet Peterman presents a variety of healing and comforting rituals that can be used in situations that are likely to be encountered in congregations but yet are not typically treated in standard liturgies. Peterman offers her reflections on the significance of rituals and includes a broad spectrum of rituals for personal use, for life in the home or at church, for use in the wider community, or for help in leading to transformation. She concludes by describing a seven-step process for creating new rituals and suggests ways to adapt existing worship materials for use in new settings. This much-needed resource will help pastors and lay leaders develop their own skills and insights for creating liturgies and rituals that provide relief, healing, and support for those in congregations who are faced with critical and life-altering situations.

**tapping the power within iyanla vanzant:** Black Women's Mental Health Stephanie Y. Evans, Kanika Bell, Nsenga K. Burton, 2017-06-01 Creates a new framework for approaching Black women's wellness, by merging theory and practice with both personal narratives and public policy. This book offers a unique, interdisciplinary, and thoughtful look at the challenges and potency of Black women's struggle for inner peace and mental stability. It brings together contributors from psychology, sociology, law, and medicine, as well as the humanities, to discuss issues ranging from stress, sexual assault, healing, self-care, and contemplative practice to health-policy considerations and parenting. Merging theory and practice with personal narratives and public policy, the book develops a new framework for approaching Black women's wellness in order to provide tangible

solutions. The collection reflects feminist praxis and defines womanist peace in terms that reject both "superwoman" stereotypes and "victim" caricatures. Also included for health professionals are concrete recommendations for understanding and treating Black women. "this book speaks not only to Black women but also educates a broader audience of policymakers and therapists about the complex and multilayered realities that we must navigate and the protests we must mount on our journey to find inner peace and optimal health." "from the Foreword by Linda Goler Blount

**tapping the power within iyanla vanzant: A New Sensation** Jesus Christ, Elizabeth Riebe, Laurie Stimpson, 2014-04-23 Anyone who reads this information will be Inspired. -Jesus Christ A New Sensation is the first book in a series of teachings. It gives you an opportunity to get to know Jesus in a more personal way, yet also gives you the answers to many of the worlds questions. Th is book places Truth and Healing into YOUR hands. Your compilation of information that you are getting from me-through the Medium-and you are putting it together-is meant to: Inspire, it is meant to bring Faith to those who are seeking that Understanding. It is meant for those who are ready to connect to their Own Divine Being and Then connect to Oneness so that none of you feel alone. - Jesus Christ These are messages of Hope.

**tapping the power within iyanla vanzant: Literary Divas** Heather Covington, 2006 These divas represent the voices of past and future generations, such as Tyra Banks, Terry McMillan, Harriette Cole, Maya Angelou, Iyanla Vanzant, Nikki Giovanni, Dawn Davis, Adrienne Ingrum, Carol Mackey, Oprah Winfrey, Rosa Parks, Shirley Chisholm, Coretta Scott King, Zora Neal Hurston, and Octavia Butler.

**tapping the power within iyanla vanzant: Soul Talk** Akasha Gloria Hull, 2001-04-01 • A celebration of the journey of African-American women toward a new spirituality grounded in social awareness, black American tradition, metaphysics, and heightened creativity. • Features illuminating insights from Alice Walker, Toni Cade Bambara, Lucille Clifton, Dolores Kendrick, Sonia Sanchez, Michele Gibbs, Geraldine McIntosh, Masani Alexis DeVaux and Namonyah Soipan. • By a widely published scholar, poet, and activist who has been interviewed by the press, television, and National Public Radio's All Things Considered From the last part of the twentieth century through today, African-American women have experienced a revival of spirituality and creative force, fashioning a uniquely African-American way to connect with the divine. In Soul Talk, Akasha Gloria Hull examines this multifaceted spirituality that has both fostered personal healing and functioned as a formidable weapon against racism and social injustice. Through fascinating and heartfelt conversations with some of today's most creative and powerful women--women whose spirituality encompasses, among others, traditional Christianity, Tibetan Buddhism, Native American teachings, meditation, the I Ching, and African-derived ancestral reverence--the author explores how this new spiritual consciousness is manifested, how it affects the women who practice it, and how its effects can be carried to others. Using a unique and readable blend of interviews, storytelling, literary critique, and practical suggestions of ways readers can incorporate similar renewal into their daily lives, Soul Talk shows how personal and social change are possible through reconnection with the spirit.

**tapping the power within iyanla vanzant: Rhetorical Healing** Tamika L. Carey, 2016-09-30 Since the Black women's literary renaissance ended nearly three decades ago, a profitable and expansive market of self-help books, inspirational literature, family-friendly plays, and films marketed to Black women has emerged. Through messages of hope and responsibility, the writers of these texts develop templates that tap into legacies of literacy as activism, preaching techniques, and narrative formulas to teach strategies for overcoming personal traumas or dilemmas and resuming one's quality of life Drawing upon Black vernacular culture as well as scholarship in rhetorical theory, literacy studies, Black feminism, literary theory, and cultural studies, Tamika L. Carey deftly traces discourses on healing within the writings and teachings of such figures as Oprah Winfrey, Iyanla Vanzant, T. D. Jakes, and Tyler Perry, revealing the arguments and curricula they rely on to engage Black women and guide them to an idealized conception of wellness. As Carey demonstrates, Black women's wellness campaigns indicate how African Americans use rhetorical

education to solve social problems within their communities and the complex gender politics that are mass-produced when these efforts are commercialized.

**tapping the power within iyanla vanzant:** *Like Water Off Your Back* Tianka R. Sheard Mitchell, 2023-05-03 About the Book Everybody has a story. This is mine and ...yours. This is herstory (you know, like history) – an experience in urban drama that strikes a chord with anyone who has faced adversity and won out over seemingly insurmountable odds. This story begins long ago but quickly brings us to the present. Enjoy this fast paced, gritty drama based on my real-life story. Watch the infamous California gangs organize and meet their leaders, my uncles. Run through the chaotic streets of LA during the 1992 riots or flash a friend at “Freak Nic” in Hotlanta. Enjoy the Historically Black College/ University experience in “da kuntry” (believe me it is like no other) and lose yourself (sometimes you get in too deep) ...then find yourself. Between these covers lies an adventure anyone can appreciate. How would you judge me? How do you judge yourself? About the Author The author Tianka R. Sheard Mitchell lives in Little Rock, Arkansas. She is originally from Compton, California where she spent her formative years until relocating to Arkansas to attend Philander Smith College in 1994. Mitchell graduated Philander, Cum Laude, with her Bachelor’s degree in Elementary Education. She works as a Middle School teacher. She has earned her Master’s degree in Educational Leadership and is currently pursuing her Doctorate’s degree in the same field. Both degrees are from Arkansas State University, Jonesboro. Her twin daughters are both practicing Registered Nurses earning their degrees at Bethune Cookman University in Daytona, Beach Florida. She has a young son in elementary school with her husband of fifteen years. Mitchell dedicates her success to her “Boos”. She says without them, she would only have been what she was. They gave her the motivation to become much more. This book is as much their triumph as hers.

**tapping the power within iyanla vanzant:** *This Too Shall Pass* Sandra A. McNeal, 2006-03-01 We can share what we have learned from life experiences and have faith that, This Too Shall Pass. Pass your lessons learned on to others so that they can have the same victory.

**tapping the power within iyanla vanzant:** *The Search for Wholeness and Diaspora Literacy in Contemporary African American Literature* Silvia Castro-Borrego, 2011-05-25 This volume has as a cohesive argument the exploration of the different manifestations of the search for wholeness and spirituality in the writings of contemporary African American women writers, covering different literary genres such as fiction (both novels and short stories), drama and poetry. Together with the issue of spirituality, the African American search for wholeness is analyzed as a source of creativity and agency. As expressed in the contemporary literature of black women writers, starting in the 1980s, the search for wholeness reflects a beauty realized through the healing of the spirit and the body, and is a process that takes on dimensions of reconciling the past and the present, the mythical and the real, the spiritual and the physical—all in the context of an emerging world view that welcomes synthesis and expects both synthesis and generative contradictions. The book will be a valuable collection for scholars of African American literature, comparative American Ethnic literature, American literature, and spirituality, as well as women’s studies. In addition, it will be an important text for both undergraduate and graduate students in those fields. As Professor Johnnella Butler (2006) points out, the African American search for wholeness is tightly linked to the search for freedom and agency. Ever since the 19th century, African American writers have given expression to an African American self which functions in Western civilization simultaneously as a “colonized” other and an assertive “self.” Due to the continuous ordeal of the African Diaspora, this self is caught in between the binaries proposed by the material and the spiritual world, seeking a balance where the person can become whole. The search for wholeness feeds from cultural roots that imply the presence of ancestral spiritualism, rememory, and double consciousness. Contemporary black women writers reflect the metaphor of building spiritual bridges, seeking the possibilities of building a bridge to the archetypal African past that is carried in their memories as a presence that offers sustenance via spiritual reconnection. Their works seek to bridge the gap between the myths and traditions of the past and contemporary

African American culture. The texts included in this collection are examples of writing as an exercise of what Vévé Clark calls "Diaspora literacy." The texts written by contemporary African American women writers explicitly show how to recognize and read the cultural signs left scattered along the road of progress. In this way, material acquisition is achieved along with cultural dispossession, becoming a metaphor for the history of the African in America. The powerful message is that one should not exclude the other.

**tapping the power within iyanla vanzant:** Digital Sisterhood Ananda Kiamsha Madelyn Leeke, 2013-09-23 Ananda Kiamsha Madelyn Leeke became a pioneer in the digital universe twenty-seven years ago, when she logged in to the LexisNexis research service as a first-year law student at Howard University School of Law. She was immediately smitten with what the World Wide Web could do. Later, while attending the UN Fourth World Conference on Women in Beijing, China, in 1995, Leeke found herself in an Internet caf, where she experienced an interaction that changed her life. Over time, through interactions and conversations both online and in-person, Leeke developed the concept of digital sisterhood. Embracing this revolutionary concept led to a complete career reinvention that finally allowed her to embrace her enormous creative spirit. She found in her digital sisters true heroes and virtual mentors. Her blogging and social media adventures highlight the lessons she learned in the process, the reasons she launched the Digital Sisterhood Network, and the experiences that caused her to adopt what she terms the fierce living commitments. In her memoir, Leeke details her journey, sharing experiences and insights helped her and her digital sisters use the Internet as a self-discovery tool and identifying leadership archetypes that shaped her role as a social media leader.

**tapping the power within iyanla vanzant:** Ebony , 1999-04 EBONY is the flagship magazine of Johnson Publishing. Founded in 1945 by John H. Johnson, it still maintains the highest global circulation of any African American-focused magazine.

**tapping the power within iyanla vanzant:** The Beauty Blueprint Michelle Phillips, 2011-11-01 Have you lost touch with the woman you want to be? When you look in the mirror, do you see your authentic self? Perhaps the pursuit of success and physical beauty hasn't produced the rewards you've yearned for. In your 20s and 30s, you may have been caught up in your getting years—focused on getting a career, a husband, a home, and children. After years of sacrifice and goal-oriented living, you may realize that although you might have wanted everything you have . . . you don't have everything you want. Perhaps you've put your dreams aside and have lost touch with what makes you uniquely gorgeous. Are you ready to finally create your ultimate life and look? You don't need a makeover . . . you need a transformation! The Beauty Blueprint is a powerful and practical guide that will help you rediscover who you are from the inside out and reclaim the essence of what makes you beautiful. It's not just about changing your wardrobe, your hair, or your cosmetics; it's about embracing your true beauty and living authentically. Celebrity makeup artist and life coach Michelle Phillips reveals why looking good is merely a by-product of feeling great . . . and shows you how to do just that!

**tapping the power within iyanla vanzant:** The African Americans Henry Louis Gates (Jr.), Donald Yacovone, 2013 Chronicles five hundred years of African-American history from the origins of slavery on the African continent through Barack Obama's second presidential term, examining contributing political and cultural events.

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