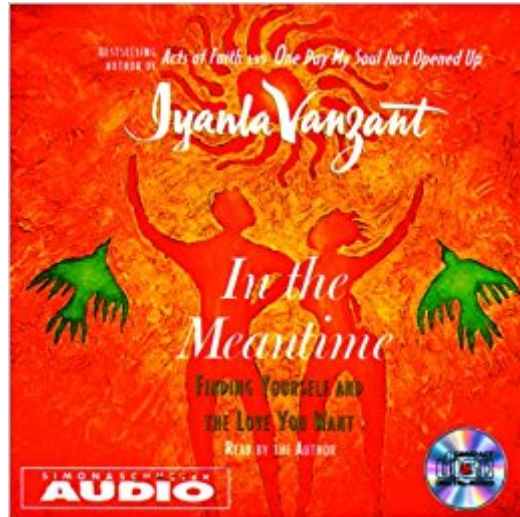


The book was found

In The Meantime : Finding Yourself And The Love You Want



Synopsis

Most of us go through life with a vision of what the ideal relationship is supposed to be, yet too often our longing for a soul mate leads to disappointment and heartbreak. What we see, desire, or harshly judge in our mate is but a reflection of self, Vanzant explains, as in *IN THE MEANTIME* she helps us to break free of our fantasies and view a relationship as an ongoing process of discovery and growth. Whether she is offering practical advice on how to avoid making the same relationship mistakes over and over again, or helping us to view the painful end of a relationship as an opportunity to learn and change, Iyanla Vanzant, as author Patrice Gains has said, 'reminds us that every moment is an opportunity to learn and inspires and encourages us to continue our inward daily search'.

Book Information

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Customer Reviews

Reading this book was the best thing I've done for myself in years. As a man reeling from ANOTHER extremely painful breakup, I was desperate for anything to sooth the pain. Having read LOTS of self-help books, I can say with some justification that this is the most spiritual, calming, healing guide to relationships that I've ever encountered. Like a cold compress on a fevered brow, I could always find relief and peace by reading this book, even at 3:00 in the morning. Recommended to me by a spiritually advanced friend, I found it to be the only thing that calmed me down, stopped my heart from racing, eliminated the panic attacks, and made me feel whole again. It provides a loving, gentle nudge in the direction of individual wholeness, completeness, and understanding of what we've all done wrong in relationships. More importantly, it shows us what we can do to

PREVENT these disasters in the future. The key, of course, is self-love. Like a gentle mother guiding her unruly offspring, Ayanla lovingly puts us back on the right path without making us feel stupid, unworthy, or hopelessly inept at love. Her most powerful contribution is the concept that no matter how bad our partner and the relationship, it is ALWAYS ONLY ABOUT US! This book provides a roadmap to relationship success, if only we make the time for ourselves to uncover our own issues and work to correct them. I've read the book three times in a row, including highlighting, underlining, and dog-earring the pages. This is like a User's Guide to love. Don't get caught without it. Please savor this book. Race through it the first time, if you must, but read it slowly again to really understand what she is trying to teach us. Vanzant should get the Nobel Prize for this one.

Excellent book for anyone who has not become their "ideal self" yet. This book reads like an old friend and earnestly works toward achieving what you truly want in life.... a better sense of self worth. It teaches that loving yourself comes first. Although this premise is not new, the book shows common occurrences that we do not recognize immediately as disrespectful ourselves. This book does not talk down to the reader nor is it flooded with psychobabble.

This was one of the best spiritual books that I have read in a long time. There are a lot of books out there about personal relationships, but this one really hit home and was easy to understand. Sometimes it's all in how the message comes across and the author does a great job in doing just that. Some good messages that I learned from this book were: 1.) Learn to love yourself before you can love another. Often times we go looking for love to cure our life - thinking that a person that fits our needs will help that. Maybe briefly, but you need to be content with yourself first. 2.) Everyone will find out what love is not on their way to finding out what love is. 3.) You must listen to what people do, not to what they say. Simply put...actions are louder than words. 4.) Avoid the trap of thinking that every relationship has to be the relationship that last forever. Sometimes a relationship, even if it ends in hurt, is necessary to get you to the next level. 5.) Unconditional love makes you vulnerable. Unless you are vulnerable, you cannot be open and experience true love. Most of us are too busy building our "walls" up to see this. These are just a few of the great points that I extracted from this book. Highly recommend it!

Iyanla's book was painfully true and exact! It wasn't until I stopped denying that I had accepted things in my life - unsatisfying career, dead end relationships, negative relationships - that were taking me away from the "true self", that I came to appreciate that I needed to hear the truth from

someone who didn't care if my feelings were hurt. From someone who was not judgemental and insensitive. I believe as people, we are in denial about a lot of things in our lives. And maybe we are too proud to admit this to others, but always be true to yourself. That is the only way a change can come about for the better. At the end of the day, when there are no more eyes to look into and fake smile, when you are weary of saying "I'm doing great!", when actually, you are so unsure about yourself and how you feel, you really have no clue about how you really feel! This book isn't scholarly! You don't need your doctorate degree to relate. It's conversational! It's down to earth! It's like listening on the other end of the phone, while your Aunt's talk! It's a must read.

This is the first time I've EVER written a review on ... that alone should tell you that this book really helped me. I recently had a bad break up with my boyfriend, and was looking for answers to the same old questions... why does it HURT so much each time, what patterns am I repeating?, why am I always so insecure, what can I change about myself and my situation to get different results?...I read this book in 2 days and it offers amazing wisdom and insight into WHY we behave in certain ways when in a relationship. The truth is going to hurt, but it is for your own good. This book really makes you LOVE yourself more and helped me personally to get over the break up (still a healing process) and made me more AWARE and WISE so that I will be ready in my next relationship. I'm not saying that the next break up will be easy or the next relationship will be perfect...in fact I know it will not, but armed with the tenets of this book, I am no longer scared about the mistakes and patterns we continue to make in committed relationships and am looking forward to the bright future. If there is any self help book on love and relationships you are going to read, PLEASE READ THIS ONE. IT is so worth it and if I have helped just one other person with a bad break up or a relationship concern, then my good deed is done :) CHEERS.

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