



Living Through the Meantime: Learning to Break the Patterns of the Past and Beg

Iyanla Vanzant

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From the host of the OWN TV show, *Iyanla: Fix My Life*, the companion workbook to Iyanla Vanzant's #1 *New York Times* bestseller *In the Meantime* provides an easy, step-by-step program to help you begin the healing process after facing adversity.

Are you in the Meantime?

Are you confused, angry, disappointed, frustrated, anxious, apprehensive, sorry for yourself, or generally wiped out? If so, my friend, you are in the meantime.

Are you ready to put the pieces of your life together? Are you ready to begin the process of healing? Are you ready to give and receive love in all of your experiences?

In *Living Through the Meantime*, bestselling author Iyanla Vanzant will lead you, step-by-step, to a greater understanding of your own past, your motivations, and your desires. Once you have completed this program of meditation, self-care, and self-examination, you will be able to move beyond your meantime experience and into the love that is your true essence.

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From reader reviews:

Katherine Lee:

Living Through the Meantime: Learning to Break the Patterns of the Past and Beg can be one of your basic books that are good idea. Most of us recommend that straight away because this publication has good vocabulary that will increase your knowledge in vocabulary, easy to understand, bit entertaining but nonetheless delivering the information. The author giving his/her effort to place every word into enjoyment arrangement in writing Living Through the Meantime: Learning to Break the Patterns of the Past and Beg although doesn't forget the main position, giving the reader the hottest along with based confirm resource details that maybe you can be one among it. This great information can drawn you into new stage of crucial imagining.

Wilma Baca:

Is it an individual who having spare time in that case spend it whole day simply by watching television programs or just telling lies on the bed? Do you need something new? This Living Through the Meantime: Learning to Break the Patterns of the Past and Beg can be the response, oh how comes? The new book you know. You are therefore out of date, spending your free time by reading in this brand new era is common not a geek activity. So what these guides have than the others?

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