

FORGIVENESS

21 Days to Forgive Everyone for Everything

IYANLA Vanzant

New York Times best-selling author

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Your forgiveness is at the centre of your personal growth. Find out how to cultivate this skill from Iyanla Vanzant, whose life journey has given her a rich knowledge of how to cultivate forgiveness against all odds.

DESCRIPTION

Too many of us feel trapped in stagnant romantic, family or workplace relationships. Weighed down by toxic thoughts and emotions, we might be quick to judge and slow to pardon, and self-righteous about our feelings as we dwell on memories of what we or others did (or failed to do). In this book, which features audio meditations, Iyanla Vanzant challenges us to liberate ourselves from the wounds of the past and to embrace the new power of forgiveness.

With Iyanla's 21-Day Forgiveness Plan, you'll explore relationship dynamics with your parents, children, friends, partners, co-workers, bosses, yourself and even God. With journaling work and Emotional Freedom Techniques (also known as 'tapping'), you'll learn to live with more love; gain new clarity on your life, lessons and blessings; and discover a new level of personal freedom, peace and wellbeing. Forgiveness doesn't mean agreeing with, condoning, or even liking what has happened. Forgiveness means letting go and knowing that - regardless of how challenging, frightening or difficult an experience may seem - everything is just as it needs to be in order for you to grow and learn. When you focus on how things 'should' be, you deny the presence and power of love. Accept the events of the past, while being willing to change your perspective on them. As Iyanla says, 'Only forgiveness can liberate minds and hearts once held captive by anger, bitterness, resentment and fear. Forgiveness is a true path to freedom that can renew faith, build trust and nourish the soul.'

SALES AND MARKETING

- Iyanla has a very strong following of 2.7m on Facebook, 1.33m on Twitter, 277K on Instagram and 109K on YouTube.
- Iyanla Vanzant is a five times *New York Times* bestseller. Her previous book *Peace from Broken Pieces* proved a breakout title, being featured on *Oprah* and many other outlets.
- Includes an audio download with 21 tracks - one for each day of the programme in the book.

AUTHOR BIOG

Iyanla Vanzant is the author of 15 titles, including five *New York Times* bestsellers, and the *Inner Visions* CD series. A Yoruba priestess and an ordained minister in Christian New Thought, she is the founder and executive director of Inner Visions International and the Inner Visions Institute for Spiritual Development. She is the legendary life coach of *Iyanla: Fix My Life* on the Oprah Winfrey Network, as well as the former host of the television series *Iyanla* and co-host of the NBC daytime reality show *Starting Over*. The proud grandmother of eight currently resides in Maryland.

www.ianlavanzant.com

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