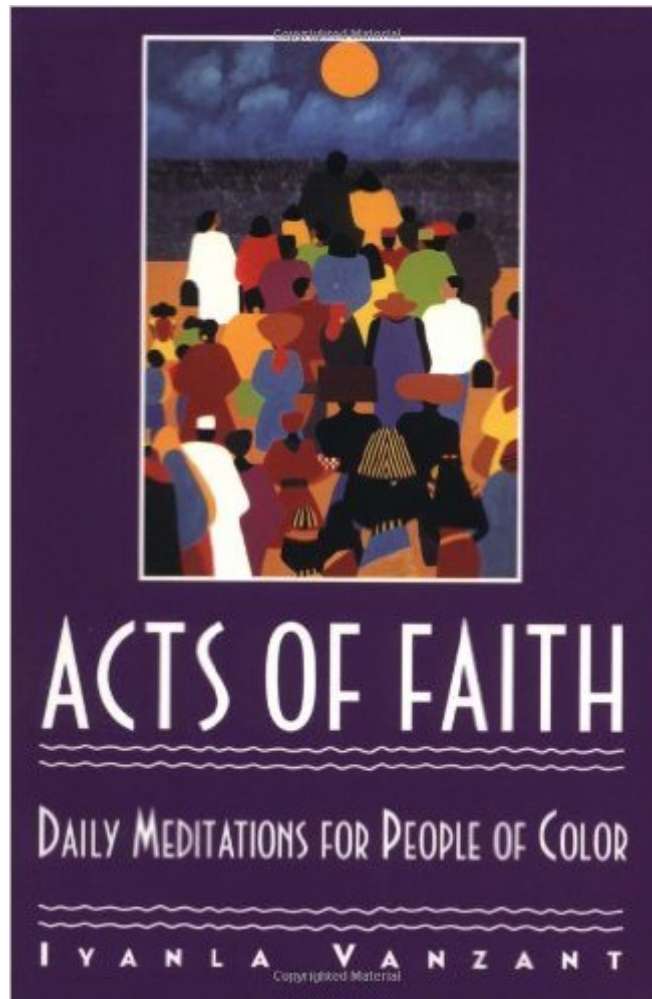


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# Acts Of Faith: Daily Meditations For People Of Color



## Synopsis

From the #1 New York Times bestselling author of *In the Meantime*, and with nearly a million copies in print, *Acts of Faith* is an internationally acclaimed resource for spiritual guidance and balance, specially written for people of color. *Acts of Faith* is a thoughtful and inspirational book that explores the unique pressures on people of color today with great insight and sensitivity. Each day of the year has a unique inspirational quote or message with it, along with a short essay to assist in reflection and wisdom. These messages are pulled from a great variety of spiritual practices and teachings, to assist spiritual people across faiths and disciplines. This book is invaluable for people of color in search of motivation and support as they journey on their spiritual path.

## Book Information

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## Customer Reviews

This book has inspired me. I have found several meditations that apply whole heartedly to my life. I have retyped and copied several of the quotes and taped them to my refrigerator or put them on my bulletin board at work. This is a book I needed years ago. This book has given me insight and inspiration on several different topics. Since I bought it a few years ago, I have yet to put it down. I'm always reading this. I have become more pleasant in certain circumstance because of something I've read here. For anybody facing lifes highs and lows or debating whether or not to start meditating this book is one you should have. It's so nice to have a book that focuses on the daily ins and outs of being a person of color.

I am not a lady of color and I love this book. This book is for everyone. I keep my copy at work and start my day with it. One of the best things is you can keep reading it forever, or go to a section that will uplift you when you need it. I really enjoy my copy and thank her for writing it. I am glad the title didn't stop me from buying it.

This book, ACTS OF FAITH, is a year-long daily meditation guide. Each day is led off by a quote or bible verse. The soothing style of the writings makes the reader feel good. They lessen confusion and ease troubled minds. It's very spiritual.

Iyanla has an everlasting winner with this book. Each calendar day of the year has a message for dealing with a particular kind of struggle, and accepting a particular kind of gift, inherent in the promise and reality of every day of life. I am reminded of a poet friend of mine who made a point every day of flipping pages with his eyes closed and stopping at one indiscriminately, treating the book like a kind of \*I Ching\* ritual, to get a special unexpected message to start or continue his day. It also, I'm sure, inspired much of his poetry. Iyanla Vanzant's appeal I believe- or part of it- is her ability to do something creative with the knowledge she has acquired. In reality it doesn't take much more than reading the top ten best sellers in New Age philosophy and pop-psychology of the past ten or so years (sprinkled with a bit of Freud and the New Testament) to regurgitate in print much of what is said in any of the books that are popular today. The talent comes in not how you shine the piano of your new found consciousness- which everyone actually has and uses intuitively on good days- but how you play it. Vanzant proves unquestionably in this book that she is an artist with something uniquely powerful to say; uniquely in that it is particularly individual and artistically authentically rendered, such that a bit of her soul is left on every page, as well her advice. And the quotes she gives of other great thinkers, great artists and just great people, add to the wonderfulness of it all perfectly, taking ego out of the game. This I believe is still her most successful book in that regard. This book makes a great gift, as many of her books do (some make better gifts than they do keepers), but it also can easily become a treasured companion on your daily journey through the year, reminding you how blessed every day actually is. Highly recommended.

I was introduced to Iyanla Vanzant the author about 1 year ago. I saw my friend with the book and got hooked on the inspirational words. Iyanla has a prescription for every problem whether it is monetary, relationship or life in general. It has become my favourite book. I read it everyday to keep

me motivated. It is an excellent gift for any time of the year. This book is definitely the best motivational book of the century. I was privileged to buy the books for my friends . It is an asset to anyone that reads it. Keep up the good work Iyanla.

During the beginning of 1999 I was having one bad day after another. One day I decided to take an extra long lunch bought the book, and read up to that present date. It help me to put my troubles in perspective. I now share the passages with with my spouse, my children, friends and I am kept sane and whole by it. I truly believe that it is a tool of God to reach us and to bring us peace for our souls. I had a troubling time with my sister in March of this year and each passage during those days were like having my parents (both of whom a deceased) arms wrapped around me. It kept me from really hurting her feelings and kept my end of the relationship repaired. Thank you Iyanla your gift of this book will resound though the centuries. Love Barbara

This book has such power. I believe it is filled with just the greatest words for any situations. This is a must have for anyone who needs a little motivation once in awhile. And i think thats everyone. There are two recommended methods for using this book. One is to follow along according to the date. The other is to just open it up and see what happens. I do this alot and every page i have read spoke to my heart and to whatever is going on in my life. GO GET THIS BOOK AND GIVE A COPY TO ALL OF YOUR FRIENDS and to your enemies to they can get their life together.

Short sweet easy real awesome book, that needs to be read and fed to others. Enlightenment is within. This book i can write about for a long time. I have really enjoyed this book over and over for over 15 years. I have shared with all races this book isn't just for people of color its for everyone. The daily messages are always on time. Although I have read this book year after year it doesn't seem to get old. As I'm always learning something new or feeling something different from the words I read. THIS BOOK NEVER GETS OLD. I have shared and bought this book for many people and they also agree its more than a gift .. All religions races should share in these pages. Its filled with good stuff! Again I love this book its apart of my daily reading â |. Love it on kindle now.. Buy it ! you will love it.

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