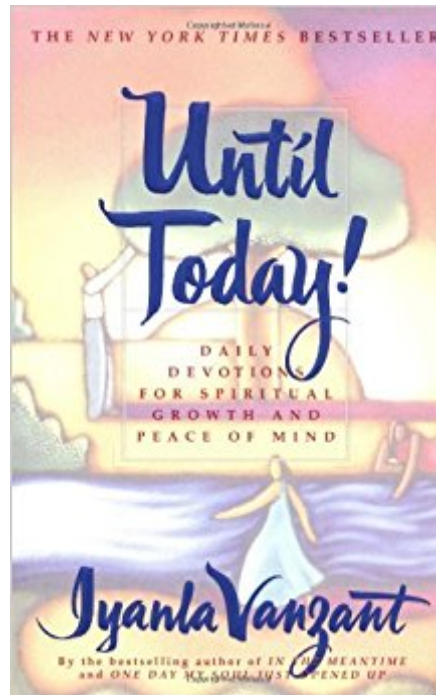


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# Until Today! : Daily Devotions For Spiritual Growth And Peace Of Mind



## Synopsis

Shift your attitude and live your best life with this inspiring collection of 365 daily devotionals from bestselling author and star of the OWN Network's hit show *Queen Bees & Wannabes*. If there are situations, circumstances, or perhaps relationships in your life that you have been struggling to overcome, trying to work through, or doing your best to work around, throw your head back and declare to the universe, "Until Today!" • Whatever has been going on in your mind, your life, or your heart can stop right now, if that is truly what you desire. However, you must be willing to do a new thing. • You must spend a little time, each day, in devotion to the truth about yourself and your life. You must make a conscious approach to what you think, what you feel, and what you do. Devotion will clear up misconceptions that may have obscured your vision until today! Bestselling author Iyanla Vanzant presents a new book of devotions for anyone on the path to spiritual empowerment. These daily devotions will create powerful changes in the circumstances of your life that have held you back and will place you on the road to personal strength and peace of mind.

## Book Information

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## Customer Reviews

This was so moving for me. I am just recently out of a bad relationship, one of many. A friend shared with me a copy of this book before I bought it myself. Iyanla touches on the deepest parts of my heart, and shows me that I am not alone. Coming from a not so good childhood...and thinking as I grew up that men were always going to hurt me in the end, therefore never allowing myself to honestly open up and trust one, I have just been going through the motions of a relationship for

years. Never understanding why it is that I just can't seem to find "happiness". And she, very vividly, explains that we all have a past but we can't allow it to ruin our future! And only now in retrospect, with the aid of this book showing me and allowing me to really understand, can I see that I was doing just that. If you are not sure about where to go for help, or unsure of how you can get beyond your "skeletons in the closet", like many of us, then this is definitely for you! She is helping me to find myself all over again from the inside out....Healing the mind, body and soul.

Vanzant's latest book is in a day-to-day devotional format. Having devoured everything else she has written, I didn't hesitate to pick this up. Well, get ready to be smacked hard upside your head every single day. The author seems to have the view of a seer, and every single piece is directly related to what's happening in life at exactly that moment. Each devotion ends with the phrase, "Until today..." and a statement like "you may have been feeling as if you were about to break down. Just for today, call forth the strength, courage, wisdom, insight, power and love of the spirit of life. Ask that you be guided through the next minute, hour or day to a place of peace." (January 31) Each month has a focus - life, love, awareness, acknowledgment, acceptance forgiveness, etc. Each day's reading focuses on internal personal and spiritual growth, self-acceptance, change and producing peace in your life. It is an excellent book for those who have thrown out all the other daily devotional books including those for "Women Who Do Too Much." I expect to wear the pages of this book out over the next years.

This was one of the many books that I own by Iyanla, and though it isn't as insightful as the others, this book still allows you to learn more...about yourself and others. And the way she lets you know that you may not have known this "Until Today" and if you never use this again just use it "just for today...". I think that the 365 day motivational is just what people need to know that everyone isn't perfect everyday, but they can at least try. If you are looking for a daily motivational that isn't a speech or something telling you that is is easy to change, when you know it isn't, this is the book for you.

This gem of a book is one of Vanzant's best works yet! The book is broken down into twelve sections that each deal with a spiritual principal. (Example: January deals with Life, July deals with Understanding, September with Trust, etc.) The readings for each day are truly inspirational, validating, and affirming for all of God's children! At the end of the reading is an affirmation or thought/Meditation that you can focus on throughout the day!! (I usually write about it in my own

personal spiritual journal, once in the morning and once at night....to see how I fared!)If you are interested in growing as a person and a spiritual being, then this is the book for you! An excellent read that I have and will continue to recommend.

Iyanla did it again! I don't even get out of bed in the morning without saying my daily affirmations and reading today's excerpt from *Until Today!: Daily Devotions for Spiritual Growth and Peace of Mind*. I love this book, it help put into perspective a multitude of negative thinking and speaking and teaches us how to re-language ourselves so that we can manifest in our lives all the joy, abundance, happiness that we desire. Everything we need or want we already have within, we just need to tap into our inner abundance. Thanks to Iyanla, and her inspirational books, I have tapped into my inner light and let it shine for all to see.I would recommend this book to everyone.

A book to shine "light upon our memory and our soul". Each day a reminder of "Who You Are and What You Need To Remember". This latest success from Iyanla is; positive, focused, spiritual, wise, abundant with wisdom and keys to open our soul. I truly adore the writing that come from Iyanla's soul. Keep writing to inspire our soul!

I began reading this book on a day when my mind was troubled about so many things. There were no clear answers and no clear direction. Making things worse was the fact that my decisions were at the root of many of my problems. Normally, I have answers for everyone else. Today, I found none for myself. When I began reading this book, it was just out of curiosity. The messages on the pages met me where I was. I realized the answers are still inside of me. If I will just be still, the answers will come. Thanks Iyanla

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