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**Acts Of Faith-Iyanla Vanzant**  
2012-12-11 'The healing has begun. It began when you picked up this book. The goal of these offerings is to assist the children of the earth in the redevelopment of their minds, bodies and spirits . . . Buried deep in the earth are precious diamonds. In order

to get to them, however, we must dig and dig deep.' In ACTS OF FAITH, life coach Iyanla Vanzant offers a inspirational passage for each day of the year, particularly aimed at people of colour. Vanzant considers that there are four basic areas that create stress and imbalance for people: our relationship with ourselves, our relationship with the world,

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our relationship with each other and our relationship with money. This book addresses all four issues in turn thus providing a meditative and uplifting guide to living successfully.

**Acts of Faith**-Iyanla Vanzant 2001-11-28 “The most powerful spiritual healer, fixer, teacher on the planet.” —Oprah Winfrey 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.

**Acts of Faith**-Iyanla Vanzant 2004-01-01 'The healing has begun. It began when you picked up this book. The goal of these offerings is to assist the children of the earth in the redevelopment of their minds, bodies and spirits . . . Buried deep in the earth are precious diamonds. In order to get to them, however, we must dig and dig deep.' In *ACTS OF FAITH*, life coach Iyanla Vanzant offers a inspirational passage for each day of the year, particularly aimed at people of colour. Vanzant considers that there are four basic areas that create stress and imbalance for people: our relationship with ourselves, our relationship with the world, our relationship with each other and our relationship with money. This book addresses all four issues in turn thus providing a meditative and uplifting guide to living successfully.

**Acts of Faith 1998**-Iyanla Vanzant 1997-08 Based on the author's bestselling inspirational book, this new Acts of Faith Thought-for-a-Day Calendar presents 365 more daily meditations for people of color, including quotations from the Bible, Yoruba proverbs, and citations from well-known writers and thinkers.

**Until Today!**-Iyanla Vanzant 2012-10-09 "The most powerful spiritual healer, fixer, teacher on the planet." —Oprah Winfrey Shift your attitude and live your best life with this inspiring collection of 365 daily devotionals from New York Times bestselling author and star of the OWN Network's hit show Iyanla: Fix My Life. 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.

**The Value in the Valley**-Iyanla Vanzant 1995 The bestselling author of Acts of Faith shares an inspirational and practical message on spirituality and empowerment for African-American women on how to cope with the challenges and negative situations of life. 50,000 first printing. Tour.

**Faith in the Valley**-Iyanla Vanzant 2001-10-26 “The most powerful spiritual healer, fixer, teacher on the planet.” —Oprah Winfrey In this companion volume to her bestselling book *Acts of Faith*, bestselling author and star of “*Iyanla: Fix My Life*” discusses the “valleys” that cause stress and imbalance for women and explains how women can cleanse their minds and promote a healthy foundation for living in the modern world. A Note from Iyanla Vanzant Beloved friend, When this little book was first published many years ago, it became a beacon of light for many people who found themselves time and time again in one valley or another. Valleys are nothing new for any of us. Some of you may be in a valley right now, or, since you never know what’s around the corner, you may be on the brink of tottering into yet another valley. Or maybe you’ve just survived a valley that you swear you’ll never revisit—but guess what? That’s precisely the valley you’ll probably see again. And again. Being in a valley can be a lonely and

bewildering experience. This book was written to help you feel less lonely by reminding you that you really aren’t ever alone since God is always by your side, but more important, you are always by your own side. No matter how dire the situation may seem, no matter how dark and bleak the valley may be, you have all you need within you to survive the valley—any valley. Even though you may not know how you got into the valley in the first place, you do know, deep inside yourself, how to get through and out and free. You just need a little faith in yourself and a little guidance to find that faith within yourself. When you are at your wit’s end, take this little book and let it guide you toward the ever-present but often elusive light at the end of the tunnel. *Faith in the Valley* is designed to help you find the light when you need it most—when you’re in that damn tunnel. When you’re most confused and in the dark and clueless as to how you got there (again!) and when you’re trying to figure out not just how to get out, but stay out. For good. *Faith in the Valley* has helped so many

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through so much that we felt it only fitting to issue this lovely gift edition to acknowledge the special place it holds in many hearts. Please share it with a friend who has served as your beacon in the past, or offer it to yourself as a reminder of the strength and wisdom you possess and can offer to others. Iyanla

**Don't Give It Away!**-Iyanla Vanzant 1999-07-06 Provides meditations and affirmations designed to help young women develop confidence, self-respect, and independence

**In The Meantime**-Iyanla Vanzant 2012-12-11 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'.

**Get Over It!**-Iyanla Vanzant 2018 "When individuals are suffering through unpleasant or undesirable situations and circumstances, they are often unaware of how they participate in creating or re-creating their experience. In severe cases, there is addiction or suffering. Frequently, my first attempt at offering suffering individuals another way of seeing their experience is met with fierce resistance, which I call "the fight to be right." Often people unwittingly fight to maintain ownership of the very limitations that cause their suffering. Unfortunately, while fighting for their

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limitations, most fail to realize this is not a fight they want to win. Rather than engage them in a mental or emotional sparring match, I ask one simple question: "What is your prayer?" When an individual seriously contemplates this question, stories about how pain and suffering should or can be tolerated begin to recede. The ego has very few arguments that can survive the power of an earnest and heartfelt prayer."--

### **Tapping the Power Within-**

Iyanla Vanzant 2018-11-27

The revised and expanded 20th-anniversary edition of Iyanla Vanzant's first published work offers a powerful path to self-empowerment through the revitalization of one's spiritual and ancestral roots. Written with Iyanla's signature healing stories, this classic guide to uniting the will with the spirit teaches that only you have the power to make a change for the better. With chapters on basic breathing and meditation techniques, setting up a home altar, connecting with ancestors and guardian spirits, and the

extraordinary power of forgiveness, this book is a perfect companion on the way toward the real you. Known for teaching by principle and example, this exclusive edition also contains Iyanla's special "What I Know Now" commentaries and an original CD. These tools will challenge you to stop struggling and start recognizing that it is possible to reconcile your humanity with your divinity. Whether you are a beginner on the path or a veteran in need of refreshment, Iyanla's prescriptions can support your growth from the comfort of spiritual adolescence to the wisdom of spiritual maturity. You no longer need to settle for the way things are . . . you can open up to the way things can be--if you dare to tap the power within!

### **Yesterday, I Cried-Iyanla**

Vanzant 1999-09-17

"The most powerful spiritual healer, fixer, teacher on the planet." —Oprah Winfrey  
What is the lesson in abuse, neglect, abandonment, rejection? What is the lesson when you lose someone you really love? Just what are the

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lessons of life's hard times? Bestselling author Iyanla Vanzant has had an amazing and difficult life—one of great challenges that unmasked her wonderful gifts and led to wisdom gained. In this simple book, she uses her own personal experiences to show how life's hardships can be re-languaged and revisioned to become lessons that teach us as we grow, heal, and learn to love. The pain of the past does not have to be today's reality. Iyanla Vanzant is an example of how yesterday's tears become the seeds of today's hope, renewal, and strength.

**Acts of Faith**-Iyanla Vanzant 2018-12-04 “The most powerful spiritual healer, fixer, teacher on the planet.” —Oprah Winfrey In an updated and expanded 25th anniversary edition, the beloved “purple book” Acts of Faith guides people of color with daily encouragement, comfort, and enlightenment. For over a quarter of a century, millions have turned to bestselling author Iyanla Vanzant’s Acts of Faith for insightful and deeply sensitive inspiration that recognizes

and explores the unique pressures on people of color today. Each day of the year carries a unique motivational quote or message along with it, as well as a short essay to assist in reflection and wisdom. These messages are pulled from a great variety of spiritual practices and teachings, to appeal to a wide range of faiths and disciplines. Acts of Faith is an invaluable and enduring resource for people of color in search of support as they journey on their unique paths.

### **Peace from Broken Pieces-**

Iyanla Vanzant 2010-09-15 New York Times best-selling author Iyanla Vanzant recounts the last decade of her life and the spiritual lessons learned—from the price of success during her meteoric rise as a TV celebrity on Oprah, the Iyanla TV show (produced by Barbara Walters), to the dissolution of her marriage and her daughter’s 15 months of illness and death on Christmas day. Like a phoenix rising from the ashes, Iyanla shares why everything we need to learn is reflected in

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our relationships and the strength and wisdom she has gained by supporting others in their journeys to make sense out of the puzzle pieces of their lives.

**The Spirit of a Man**-Iyanla Vanzant 1997-05-09 A message of spiritual empowerment for African American men combines parables, meditation, prayer, and ritual to guide them

**One Day My Soul Just Opened Up**-Iyanla Vanzant 1999-04-01 A guide for those on journeys toward greater spiritual awareness includes reading passages for morning and evening, along with space for readers to chart their own spiritual growth

**Forgiveness**-Iyanla Vanzant 2013-11-05 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 new book, 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 well-being. 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

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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."

### **Living Through the**

**Meantime**-Iyanla Vanzant 2002-03-17 "The most powerful spiritual healer, fixer, teacher on the planet." —Oprah Winfrey 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.

**Trust**-Iyanla Vanzant 2017-06-13 "Trust in self, trust in God, trust in others, trust in life"-- Jacket.

**Up from Here**-Iyanla Vanzant 2002 Few men are taught the true spiritual essence of masculinity. Here, best-selling author Vanzant empowers men with the insight and skills they need to identify, name and understand their feelings, as well as to overcome the old patterns of behaviour that result from misusing or not tapping into their emotional strength.

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Vanzant shows men how to use the energy of emotions to move beyond painful, negative feelings such as rage, shame, fear and anger to authenticity and strength, so that they can transform their frustrations and failures into opportunities.

**Acts of Faith 1997**-Iyanla Vanzant 1996-08

**Working Through the Meantime**-Iyanla Vanzant 1998-02-01 A workbook for those yearning for deeper love explains how to begin the process of mental, emotional, and spiritual housecleaning that leads to increased happiness, spirituality, and awareness in one's personal relationships.

**The Big Book of Faith**-Iyanla Vanzant 1997-11-01 Presents the complete texts of two collections of spiritual anecdotes and reflections for African Americans, "Acts of Faith," and "Faith in the Valley"

## **How to Be Spiritual Without Being Religious-D.**

Patrick Miller 2018-10-31 According to the Pew Research Center, approximately 37 percent of Americans identify themselves as spiritual but not religious. How to Be Spiritual Without Being Religious is a book for that sizable number of folks who seek a rich and authentic interior life but find formal religious affiliation unappealing. It is a clear and nondogmatic guide for finding one's own path of transformation, for embracing a vision of a "practical faith" that enhances a life of happiness and peace. Miller's concise approach arises out of what he calls "the spirituality of ordinary life." It is an approach dedicated to exploring the big questions: "Why am I here?" "Who am I?" "What is the best way to be of use." "A spiritual faith is a more practical way to deal with everyday life than cynicism, toughness, or defensiveness...it daily increases its usefulness and reliability. Spirituality is the way out of misery, the way in to self-knowledge, and the

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way toward a more fulfilling and effective life." --From the introduction Praise for The Book of Practical Faith "Succinct and salutary . . . D. Patrick Miller's thoughtful treatment of faith clarifies why this is such an important part of the sacred adventure of life." --Frederic Brussat, SpiritualityandPractice.com "This book offers a gentle, disciplined approach to growth with subtle insight and compassion. Miller names the habitual obstacles that keep us small and opens up a way to greater love, faith, and freedom." --J. Ruth Gendler, author of The Book of Qualities

**Peace from Broken Pieces-** Iyanla Vanzant 2011 How do you find your way through the broken pieces and the pain to peace? In this searingly honest and searching book, the New York Times bestselling author Iyanla Vanzant recounts the last decade of her profoundly human journey. Although Iyanla had become an overnight nationwide success, few knew that her world was crumbling around her. Part

metaphorical teaching story, part wrenching personal chronicle, this phoenix-rising-from-the-ashes tale is about men and money, love and work, mothers and daughters, and life and death. Her husband wanted out of their fairy-tale marriage. Her meteoric rise uncovered a debilitating personal lie. Her daughter was diagnosed with colon cancer. The only thing that sustained her was her commitment to know and serve God. Iyanla's journey from being broken, damaged, and desperate offered her new found knowledge that you can implement whatever your personal situation. Discover why everything you need to learn is reflected in your relationships. Gain a new understanding of the patterns and pathologies that families unconsciously pass down through the generations - until someone finally breaks through. Learn how to put your personal puzzle together, and dare to claim the peace that you truly deserve.

**Blessed Is She-**Victoria McAfee 2019 Be encouraged to intercede for others as you

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read the prayer stories from 30 African-American women. Discover the joy and strength in partnering with God through prayer to impact the lives of others.

**Embraced**-Lysa TerKeurst  
2018-03-27 Embraced is the beautiful new devotional from Lysa TerKeurst, the president of Proverbs 31 Ministries and the New York Times bestselling author of *Uninvited*, *The Best Yes*, *Unglued*, and *Made to Crave*. Embraced features 100 devotions that will resonate with women in all stages of life by giving them a godly perspective on the issues they face each day. A real embrace indicates an intimate level of closeness. It's not a high five or a casual handshake. The best kind of embrace is when someone we know deeply loves us flings their arms wide open and pulls us in close. Our hearts were made for this kind of love and security but for many of us, we know more about the pain of heartbreak and fear than the unconditional love for which we were created. In Embraced, Lysa shares her

own struggles, doubts, and heartbreaks while pointing to the Ultimate Embrace: God opening His arms wide on Calvary through Jesus so that He could pull us close for all of eternity. Welcoming us into the safety and hope of His grace and His love. And because we have been fully embraced by Him, we can spend our lives held securely by Him and trust all of His ways. Through these 100 devotions, daily scriptures, and prayer prompts, readers will be equipped to: Begin to find freedom from the struggles that have held them hostage by learning new ways to experience God's love and more authentic ways to trust Him. Surrender their deepest hurts by processing them in a godly way with Lysa, a friend who understands their pain. Hear the Lord speak intimately to their heart by learning how to seek His direction. Release the tension of wondering, If God is near why does He sometimes feel far away? by spending intentional, guided time with Him each day. With an exquisite cloth cover, highly designed interior, ribbon marker, and stained page

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edges, Embraced will be a treasured keepsake for you as well as a meaningful gift for those you love.

### **Tips for Daily Living Cards-**

Iyanla Vanzant 2003-05-01 A card deck and booklet to help you address some critical life issues. Each card presents a question for you to consider, which, when answered honestly, will support you in creating a new vision of yourself. Iyanla Vanzant, a Yanba priestess and spiritual counsellor, demonstrates that the easiest way to create change is simply to shift your attitude daily.

**Interiors-**Iyanla Vanzant 1995 The author's story of her own recovery as an incest survivor, teenage mother, abused spouse, and welfare recipient is interwoven with a study of the problems that afflict African-American women and effective guidelines on the healing process. 50,000 first printing. IP.

### **The Weekly Prayer Project-**

Zondervan 2017-07-04 The directive is so simple: Be still. Draw close. Know Me. Yet who hasn't struggled with the art of quieting your mind and heart to truly dig deep into the intimacy God offers His beloved? The Weekly Prayer Project allows you that moment for reflection and invites you to write your prayers to the One who loves you unconditionally.

### **The Men of the Bible**

**Devotional-**Compiled by Barbour Staff 2015-02-17 Meet Your Bible Brothers Learn from Their Successes and Failures You can learn much from the successes and failures, lives, loves, and legacy of scriptural men—and you'll find great insights in The Men of the Bible Devotional. This book features 180 quick, easy-to-read entries on some 150 named men of scripture, from Adam to Zechariah, and interesting but unnamed men, as well—such as the thief on the cross beside Jesus. Biblical men played a powerful role in God's plan for humanity, and

their stories were recorded for our benefit today. Let The Men of the Bible Devotional share important, even life-changing, principles for your quiet time.

**The Little Book of Self-Care**-Adams Media

2017-10-17 This beautiful, inspiring book features 100 accessible activities that help you reconnect with your body, mind, spirit, and surroundings, and leave you feeling refreshed and ready to face the world again. Self-care is an essential part of wellness. From self-massage to meditations to decluttering, The Little Book of Self-Care provides relaxation exercises to help you focus on your own personal needs in an enjoyable way. By caring for yourself, you'll learn how to care for the world around you.

**The Confident Woman Devotional**-Joyce Meyer

2018-10-16 Revised and Expanded Edition God has created you to be confident, bold, and free-free to be yourself, free from the need to

compare yourself to others, and free to step into His destiny for your life. Based on her #1 New York Times bestseller The Confident Woman, Joyce Meyer taps into concerns and issues that many women commonly experience-lack of confidence, poor self-image, dysfunctional relationships-and provides encouragement and practical wisdom to help resolve problems in those areas of life. In today's busy, fast-paced world, it's easy to forget the need to slow down and live in the present, while holding on to personal "baggage" that's keeping you from being the woman God created you to be. But this powerful daily devotional, revised and expanded with new insights, inspirational quotes, and practical action items, will help you on your journey toward a confident life filled with love, laughter, and God's acceptance, one day at time.

**Midnight Mom Devotional**-Becky Thompson 2020

"Mothers are often the last ones to sleep in their homes, no matter the age of their

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children. Newborn babies, unsettled toddlers, fear, crazy schedules, and endless responsibilities all steal a mom's good night of rest. But the late nights don't just wear on a momma physically. There is something about a quiet and dark house that causes thoughts, anxiety, and stress that have been ignored throughout the day to rise to the surface of a mother's heart when the world goes around her goes still"--

**The One Year Uncommon Life Daily Challenge**-Tony Dungy 2011-10-07 Retailers Choice Award winner, 2012 Strengthen the core of your life and faith on a year-long journey with beloved Super Bowl-winning former head coach Tony Dungy and co-author Nathan Whitaker! This deluxe LeatherLike edition of the New York Times best-selling The One Year Uncommon Life Daily Challenge contains 365 reflections from Tony and Nathan on living an "uncommon life" of integrity, honoring your family and friends, creating a life of real significance and impact, and

walking with the Lord. This year, step up to the challenge to spend time with God—and dare to be uncommon every day. A perfect gift for sports fans, coaches, athletes, and dads!

**Chicken Soup for the Soul: Random Acts of Kindness-**

Amy Newmark 2017-02-07 Small gestures can make a big difference in someone's day, even someone's life. This collection of 101 uplifting, true stories will help you see the beauty in small, meaningful gestures and how such acts can make a difference in someone else's life. From random acts of kindness to doing what's right, this book shows how positive attitudes and good deeds can change the world. This book shines a bright light on the widespread goodwill in our world as everyday heroes demonstrate acts of kindness, compassion and commitment to others. The stories in Chicken Soup for the Soul: Random Acts of Kindness will uplift you, inspire you, and brighten your day.

### **The Case for Christ Daily Moment of Truth**

Lee Strobel 2018-09-25 Why do we believe what we believe? The Case for Christ Daily Moment of Truth, by leading apologists for Christianity Lee Strobel and Mark Mittelberg, offers fact-based, intelligent devotions to build a foundational faith. These 180 insightful writings will strengthen your spiritual knowledge and touch your heart with life-changing truth. Each devotion is based on a scientific, historical, or biblical fact that will bolster your confidence in Christ. You will be inspired, encouraged, and equipped. A reflection at the end of each entry allows you to consider this new knowledge and how to put it into action. In these thoughtful devotions Strobel and Mittelberg articulate the reasons why Christians believe what they believe. Combining the authors' expertise in apologetics with scriptural application for daily living, this devotional will leave you deeply encouraged and well informed. Topics range from scientific discoveries to theological explanations, and each

devotion is followed by a brief reflection, prayer, and thought to meditate on and talk about. You'll emerge with a deeper understanding of your beliefs. In the process, you'll find your love of truth—and your passion to share it—growing each day.

### **Fresh Faith**

Jim Cymbala 2011-01-04 Pastor Jim Cymbala calls us back to a fiery, passionate preoccupation with God that will restore what the enemy has stolen from us: our first love for Jesus, our zeal, our troubled children, our wounded marriages, our broken and divided churches. Born out of the heart and soul of The Brooklyn Tabernacle, the message of Fresh Faith is illustrated by true stories of men and women whose lives have been changed through the power of faith. Cymbala writes, "Real faith is produced when our hearts draw near to God himself and receive his promises deep within." That kind of faith can transform your life—starting today, if you choose. "Jim Cymbala is an exciting reminder of God's

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desire to bless and use any faithful and trusting follower of our Lord in supernatural ways.”—Dr. Bill Bright, Founder and President, Campus Crusade for Christ International

### **Secrets of the Proverbs 31 Woman Devotional Journal-**

Rae Simons 2018-04 This lovely devotional journal, offering equal parts inspiration and encouragement, will uncover the "secrets" of the Proverbs 31 woman, as you wrap your heart in this timeless message from God's Word.

**A Mind to Work-**Francina R. Harrison 2004-02 Do you need to work? Do you want a balanced life? Do you want to know your gifts and talents? Then A Mind to Work is just for you. A Mind to Work will empower you from start to finish, challenging you to fulfill your potentials. A must for readers who want positive change in a negative environment! A new approach to interviewing, job searching and life/career coaching that

will transform the mind and increase results. A Mind to Work will change your outlook on employment and dare you to discover what you are made of. Francina R. Harrison is experienced in workforce development services and holds a Master's Degree in Social Work from Norfolk State University. She has contributed to program designs for welfare reform, correctional treatment, private rehabilitation, and faith-based groups, which has helped thousands of individuals return to work. As the co-owner of Harrison & Associates, she provides work/life coaching, resume services and conducts employability seminars for professional groups, universities, and adult education centers. Mrs. Harrison is a freelance columnist and writes on matters concerning workforce development. She is married to a 20-year active-duty Navy member, has two children, and resides in Virginia Beach, VA.

