



The Value in the Valley: A Black Woman's Guide Through Life's Dilemmas

Iyanla Vanzant

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Is it the job you hate but need in order to pay the rent? Is it that relationship that you gave your all to only to end up with a broken heart...again? Perhaps it's your children, a family member, or a life-long friend doing you in, dragging you down, pushing you to the brink. If you are an honorary member of the Black Woman's Suffering Society, you have probably been told that it's all your fault. Or that struggling and suffering is your lot in life. Iyanla Vanzant says, *No!* Life is an Act of Faith and suffering is optional! Those everyday challenges, obstacles, and dilemmas are what Iyanla calls "valleys." As bad as they may seem, there is a purpose or, as Iyanla says, "There is so much value in the valley."

If you've ever been disappointed, betrayed, rejected, abandoned, or just plain old scared to let go, then you've been or may still be in a valley. Iyanla knows -- she's been there and on a bad day she's still there, but now she shares the way out with you.

The Value in the Valley: A Black Woman's Guide Through Life's Dilemmas Details

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Author : Iyanla Vanzant

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Nicole says

This book was dxcellent. I have gone back a second time to read and discovered key points in which I did not acknowledge my first time around. I have referred back to certain points from time to time to bring me through my valley at moment in time. Great read.

Marilyn Diamond says

Every woman needs to read this book. I am getting around to reading it twice. Because I placed myself in some valleys and I want to get out....I'm outta here!

Eden says

This is a book to read and re-read. As a Black woman, I found that many of the issues that are worked on through the pages of this book were familiar to me.

I appreciate Iyanla's spiritual approach to anyone's Higher Power. I have my belief system and other people's differ. It does not make any of us more or less in seach of answers. We each have a right to decide what 'religion' what description of God, fits for us. Mine is Christianity, and this book works for me. It would work for a Muslim woman, a Taoist, whomever is willing to make it work and to find the help in self-awareness that is available in this book.

Loved it!

Katrina says

I love this book and have been reading it for several years but have not finished it. The reason is that as I read, I get "stuck" in a chapter--usually the chapter discussing the valley I am in. Often, it's the valley of other people's problems! But until I am able to recognize the signs--same situation w/ new faces--I cannot move on. I find the presentation of the material to be very humble and applicable to my life and the journey I am on. Unlike another reviewer, I don't find the information or the "valley" metaphor to be generic or confusing; instead it reflects those ups and downs we experience when we focus on everything except the source of our discontent and what the individual can do to reset the balance.

Shelby says

I was in a state of depression that no one was sure I would recover from after a necessary, but devastating

breakup with my drug addict boyfriend. My therapist was not helping but then I found this book. I used a highlighter, I cried, I talked to some of the passages as though the women telling their stories were with me, sharing our hurt and hopes for the future. I came clawing out of my depression because of this book. One of the best I have ever read in my life.

Lincoln says

A perennial read. Less preachy and more thoughtful than her "Fix My Life" TV show, I think.

Every time I read this book I have a warm chuckle. You see, my late aunt, Diana, was a classmate of Ms. Vanzant's at Medgar Evers college in Brooklyn, NY. I don't know what happened between the two of them, but Aunt Diana couldn't STAND Iyanla Vanzant! She would cuss and carry-on at the mere mention of Ms. Vanzant's name!

I find THE VALUE IN THE VALLEY now, not only my favorite book in Ms Vanzant's collection because of the candid, yet inspiring messages she reflects in the book; but also a way to look back at my beloved and sorely missed auntie, from time to time.

Beverlee says

This book is filled with wisdom & valuable insight. It took nearly six months for me to finish reading; not because of the material, but because I wasn't ready to receive the information. I definitely agree with anyone who has stated this is a must read. At the core for any of us (especially Black women), we must learn to love self & that can be one of the hardest things to do.

Marilyn says

Love it!! It was my first book read by the author!

Mykie says

Why I read this book:

I've been supportive of Iyanla Vanzant's work for years and she is one of my favorite inspirational people.

Content: 1/1

The book is a guide that documents common life dilemmas and advice on how to deal with the storms or, as Iyanla refers to them, valleys. The book is a hefty documentation of ways to embrace your current situation and to work through the challenges. This is one of the few things I did like about the book and also a big reason I continue to support Iyanla. She is a good motivator to encourage us to do our work.

Delivery: 1/1

The book was laid out like a guide, which I appreciated since it goes in the name of being one. So many authors write advice books and call them guides only for the book to fall short of being one. I appreciated the

separations in the chapters and the breakdowns and definitions of the valleys. I also like Iyanla's writing style.

Relevance: 0/1

Here's where the book failed me. I keep saying that Iyanla needs to stop tacking "for black women" and "for people of color" onto the subtitles of her books. The act of doing so is false advertisement and misleading. This book can benefit anyone who has lived life, not just black women. The journey of the black woman is quite complex and unique and I don't think this book serviced the said journey well at all.

Iyanla is a metaphysic and much of her guidance and advice is centered on this discipline. If black women who are going through the typical black woman journey are her targeted audience, the idea of going heavy on the metaphysic advice is not effective, especially when black women typically exhibit strong and unwavering faith in God, alone, rather than in physics. I appreciate the alternative way to look at problems and I am not saying that we all need to follow the same journey to problem resolution. What I am saying is that her approach to guiding black women through life's dilemmas will probably only impact a small population.

Impact: 0/1

I was unmoved by this book as I felt the metaphysic approach was far too heavy and not applicable to my journey. It took me over a year to complete this book because I found myself bored and disengaged throughout the read.

My rating distribution for book reviews in general:

Content: 0-1 star

Delivery: 0-1 star

Relevance: 0-1 star

Impact: 0-1 star

Bonus (if warranted by additional components of the book that enhanced my experience with the read): 0-1 star

Jackie says

In life you go through ups in downs, just like high and low valleys. This book made me cry and laugh. I learned to persevere in life and be strong.

Elaine says

Change comes with pain, if you're not willing & ready.. Be Warned. The stories leapt of the page and became my life story, what I was amazed was how strongly synchronized the writings & lessons matched the events that followed. Almost adding truth to the quotes "What you think on grows"

Aleatha says

horribly written. I couldn't stomach finishing, not my style at all which is unfortunate because I was excited to read it. Maybe someone else will like it, the book certainly had answers and explanations to live's questions however the colloquial style wasn't for me. The sista homegirl-ness of it coupled with the esoteric "divine" explanations, which were just vague ramblings in my opinion, turned me off.

Alli says

You don't have to be a black woman to appreciate the wonder of this book. I reference it all the time! Thanks to my friend Tara who originally told me about it.

Orishaz says

This is a phenomenal book. I recently re-read this book and it was better then when I read it the first time. It is easy to understand and the scenarios are realistic. I love it.

Aretha Love says

This book is so extraordinary!! I find myself referring back to it as if it was my personal bible... Reading this book has changed my out look on life and the people Im surrounded by... YES! Every women should read this book. It does not matter if your white, black or purple. It really doesn't matter if your single, married, or whatever. You will walk away with tones of valuable information, that will allow you to live a health life.. TEN STARS!!!

Sherry Grimes-jenkins says

A must read. It change my view on life and myself.

Jasmine Miller says

"Amazing"

Aretha Love says

I truly loved this book...

Andrea says

This book gave me exactly what I needed at the time I needed it. I don't usually review self help books but I was moved by so much of it that I will probably read this again. I'm reminded of When Things Fall Apart, in that it might take time to absorb all the beauty in here. I'd recommend this to any woman, black/white/otherwise, to read this work at least once.

Naomi says

Sharing stories of struggle and encouragement to carry on through long sojourns in challenges, through spiritual growth and self-discovery, Vanzant writes in a confidence-boosting, wise friend, easily accessible way.
