



Every Day I Pray : Prayers for Awakening to the Grace of Inner Communion

By Iyanla Vanzant

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From the bestselling author of *Until Today!* and *One Day My Soul Just Opened Up* comes a unique invitation to prayer -- and her most deeply personal book yet.

Over the years, bestselling author Iyanla Vanzant has received many letters from readers who want to know how to pray. Some are afraid they are praying wrong. Some want a formula. Some think their prayers are unworthy. Here, Iyanla shares the realizations that changed her experience with prayer once and for all: Every thought, every word, every action is a prayer; focus on God's presence in everything -- and everyone -- and prayer becomes as natural as breathing. The prayers in *Everyday I Pray* culled from Iyanla's own prayer journal, address a variety of topics and situations. It is Iyanla's hope that they will spark a light in the hearts of readers, and that others will come to know the peace of God's grace. With this intimate collection, she invites readers everywhere to join her in making the thoughts, words, and deeds of everyday life more reverent, honorable, and loving.

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Editorial Review

From Publishers Weekly

Prayer is "an inner communion with the divine" and should be "as natural as breathing," writes spirituality diva Vanzant, author of the bestselling *In the Meantime*, in this collection drawn from her ongoing "Prayer Journal." There's undeniable energy (and a lot of exclamation points) in Vanzant's personal entreaties; she's fond of ringing but generic affirmations of God (who is "awesome," "magnificent," "amazing" and "a skilled negotiator") and self ("I praise my body! I love my body!"). "Every thought, every word, every action is a prayer," Vanzant says, but she still offers specifics: there are prayers for "Alignment with God" and for blessing married couples; to "Eliminate Tiredness or Exhaustion" and to give thanks. Her fervent desire for the Divine presence in every facet of life will be inspiring for many, but others might find her detailed invocations ("Teach me to monitor my thoughts and desires to ensure that they are filled with love, harmony and peace for myself and everyone in my life in all situations and under all circumstances"; "Please purge my agenda today. Take out of my life everything...that could possibly take my focus from you") a trifle demanding. Replete with "I" statements, many of her prayers seem self-absorbed; the longer, more reflective ones, such as "Prayer When Ending a Relationship" and "God's Promise" strike deeper chords. Vanzant's spirituality of is powerful and motivating, as is her rags-to-riches bio, but occasionally this volume seems as much about her as it is about God. Photos of Vanzant and her children.

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About the Author

With more than 8 million books in print, **Iyanla Vanzant** has truly established a dedicated fan base. Iyanla's path to success took her through a multitude of life-changing experiences that shaped the profound insights she eagerly shares with others. A neglected, overweight, sexually abused child who was shuttled from one family to another, she became a teenage mother on welfare living in the projects of a major urban city. Vanzant took control of her life when she walked out of her second abusive marriage and entered Medgar Evers College in New York and then the City University of New York Law School. She moved to Philadelphia with her children and became a public defender for three years. Then she eventually became an ordained minister, who was committed to a message based on the principles of divine power and self-determination.

Iyanla combined her professional skills with her life's lessons and embarked on a writing and speaking career. Her mass appeal is evident in her overwhelming success as an author. *In the Meantime* was a #1 *New York Times* bestseller, where it spent 20 weeks on the list, and she has had numerous other major bestsellers. As a nationally recognized speaker she has sold out such prestigious venues as New York's Jacob Javits Convention Center, Nashville's Grand Ole Opry, Atlanta's Civic Center, and the Wiltern Theater in Los Angeles. Vanzant is also familiar to the daytime TV audience from her role as a regular contributor on "The Oprah Winfrey Show."

Acclaimed journalist and producer Barbara Walters recognized Vanzant's extraordinary appeal, seeing in her a "breakaway talent" with the potential for huge success in daytime television. With Walters and partner Bill Geddie on board to executive produce, Buena Vista Productions to develop the show, and Buena Vista Television as distributor, the road to *Iyanla* was forged.

Vanzant has received numerous accolades for her work. In 1992 Los Angeles mayor Tom Bradley named October 21st "Tapping the Power Within Day" in honor of a workshop she presented in that city for African-American women. In 1994, the National Association of Equal Opportunity in Education, an organization comprised of the presidents and administrators of the 117 predominantly Black colleges in the United States

named her Alumni of the Year. She also was awarded an "Oni" by the International Congress of Black Women as one of the nation's unsung heroes, and she served as the national spokesperson for Literacy Volunteers of America in 1998.

In 1999 she was listed among the 100 Most Influential African-Americans by *Ebony* magazine. Later that year, she was awarded the 31st NAACP Image Award for "Outstanding Literary Work, Non-Fiction" for *Yesterday I Cried*. She also earned her first Honorary Doctorate degree, Doctor of Humane Letters, from the City University of New York, Medgar Evars College. In 2000, she earned her second honorary degree, Doctor of Divinity, from the Theological Seminary in Atlanta, Georgia. In addition, *Ebony* has named her one of their "55 Most Intriguing People," *Vibe* magazine tabbed her one of "100 Leaders of the New Millennium" and *Newsweek* recently included her as one of the "Women of the New Century."

The mother of three and grandmother of four, Vanzant lives in Silver Spring, Maryland with her husband Adeyemi and Mr. Coco, their cat.

To learn how Iyanla can help you get started on your journey toward spiritual enlightenment, visit Inner Visions Worldwide, Inc., at www.innervisionworldwide.com.

Users Review

From reader reviews:

Allen Mullinax:

The particular book Every Day I Pray : Prayers for Awakening to the Grace of Inner Communion has a lot of knowledge on it. So when you make sure to read this book you can get a lot of advantage. The book was authored by the very famous author. The writer makes some research just before write this book. This book very easy to read you may get the point easily after perusing this book.

Joseph Ortiz:

People live in this new day of lifestyle always make an effort to and must have the time or they will get lots of stress from both lifestyle and work. So , once we ask do people have time, we will say absolutely sure. People is human not just a robot. Then we question again, what kind of activity do you have when the spare time coming to you actually of course your answer may unlimited right. Then ever try this one, reading textbooks. It can be your alternative with spending your spare time, typically the book you have read is definitely Every Day I Pray : Prayers for Awakening to the Grace of Inner Communion.

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