



The Spirit of a Man: A Vision of Transformation for Black Men and the Women Who Love Them

By Iyanla Vanzant

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Dynamic and truthful, inspirational and wise; Iyanla Vanzant, author, orator and authority on spirituality from an African perspective, delivers a soaring message of faith and empowerment to Black men and to their mothers, daughters, and wives.

Long known as the country's leading authority on spirituality and empowerment of Black women, Iyanla Vanzant now offers a message of faith, self-knowledge, and courage for Black men in struggles, crises, and victories we face in today's society. Teaching Black men to recognize and tap the energy of our own spirits, Vanzant uses a brilliant and transforming blend of ancient African spirituality, practical self-help advice, and contemporary faith to help Black men—and the women who love them—nurture the strength and power that are our birthright.

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Editorial Review

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Vanzant presents another spiritual interpretation of the African American experience. This time, the focus is on "black men and the women who love them." She provides valuable insight into a self-help approach that men can implement to analyze, explain, and improve their conditions and relationships. She notes in her introduction that she received a vision that inspired and led her to write and speak to and for black men. She expresses her insight in 13 chapters ranging from "A Million Men Marched" to "The Principles of Spiritual Manhood." Vanzant succeeds in probing the many issues that confront black men in this society and challenges them to deal with their situations from a spiritual understanding rather than an intellectual analysis. Although the targeted audience is African American men, the information will be well regarded by African American women. Vanzant's popularity and success in the area of spiritual consciousness will make this volume another valued addition to library and private collections. *Lillian Lewis*

Review

"The Spirit of a Man is a lantern Black men can use to find their way out of the darkness of life in America. Ms. Vanzant is the first to offer a concrete path and process to spiritual, political, and economic power in a tradition that is familiar to us. Thank you my sister, daughter, friend."-- Reverend Jesse Jackson, President, National Rainbow Coalition "Sister Iyanla has given us a first: a Sister's visionary prescription for the transformation of her Brothers. This prescription addresses the unique and special healing of Black men, but it speaks to the health of all men."--Na'im Akbar, Ph.D., author of "Visions for Black Men

About the Author

Iyanla Vanzant is the bestselling author of *In the Meantime*, *One Day My Soul Just Opened Up*, and *The Spirit of a Man*. She is the founder and executive director of Inner Visions Spiritual Life Maintenance Network and the Inner Visions Institute of Spiritual Development.

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