



One Day My Soul Just Opened Up: 40 Days and 40 Nights Toward Spiritual Strength and Personal Growth

Iyanla Vanzant

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Iyanla Vanzant is the much-loved and bestselling author of *IN THE MEANTIME* and *UNTIL TODAY!*. Through her work, millions of readers have found the inspiration to make profound changes in their lives. Calling on both personal experience and her work with others, Iyanla's *ONE DAY MY SOUL JUST OPENED UP* is a message of empowerment both for women and men, encouraging us to tap into our strengths and make our dreams come true. Through a forty day and forty night programme of exercises and readings, Iyanla guides us through our daily obstacles towards greater emotional and spiritual health.

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