



Living Through the Meantime: Learning to Break the Patterns of the Past and Begin the Healing Process

Iyanla Vanzant

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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.

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