



# Yesterday, I Cried: Celebrating the Lessons of Living and Loving (New York)

*Iyanla Vanzant*

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**Yesterday, I Cried: Celebrating the Lessons of Living and Loving (New York)** Iyanla Vanzant

Bestselling author Iyanla Vanzant has had an amazing and difficult life -- one full of great challenges that have unmasked her wonderful gifts and led to the wisdom she has gained. In this simple book, she uses her own experiences to show how life's hardships can be relanguaged and re-visioned to become lessons that teach us as we grow, heal, and learn to love. Iyanla Vanzant is an example of how yesterday's tears become the seeds of today's hope, renewal, and strength.

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