



Yesterday, I Cried

Iyanla Vanzant

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The National Bestseller

What is the lesson in abuse, neglect, abandonment, rejection? What is the lesson when you lose someone you really love? Just what are the lessons of life's hard times?

Bestselling author Iyanla Vanzant has had an amazing and difficult life -- one of great challenges that unmasked her wonderful gifts and led to wisdom gained. In this simple book, she uses her own personal experiences to show how life's hardships can be re-languaged and revised to become lessons that teach us as we grow, heal, and learn to love. The pain of the past does not have to be today's reality. Iyanla Vanzant is an example of how yesterday's tears become the seeds of today's hope, renewal, and strength.

Yesterday, I Cried Details

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Author : Iyanla Vanzant

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From Reader Review Yesterday, I Cried for online ebook

Michelle says

This is truly one of THE most important books I've ever read...it opened me up, shook me out and put me back together again! It's my story, it's your story, it's her story....everyone can connect with this riveting account of Iyanla's processing of her life. She gets in the tub, cries and remembers...looking to uncover her patterns and to finally break them once and for all! Simply amazing and so very helpful. Please do yourself a favor and read this book. :-)

Courtney says

Another great one by Iyanla.

Jennifer says

This is a book that has numerous poems in it. I am reviewing the poem, Yesterday, I Cried.

This poem tells about a woman who upon arriving home goes into her bedroom and sits down to have a good cry. It then lists all the reasons that a woman may do this. We cry for things that have happened, for things that have not happened, for people who bring us joy, for people who bring us heartache. It is important to understand that women cry as a form of therapy. We do not cry because we are sad or hurt. We cry for many reasons.

This is a good poem for young women who are coming of age because it helps us understand the many emotions that we experience and let us know that it is alright/normal to feel this way.

Darcy Ries says

Very courageous autobiography detailing one woman's struggle through some of life's cruellest assaults. But make no mistake, it's not a downer-- the hope, faith and forgiveness this woman wields is mind-blowing and heart-warming.

Riya says

This was an amazing book. AMAZING!

I picked it up on a whim while I was browsing around in my local town library.

I saw the name Vanzant on the cover and remembered seeing a lady with this name on one of the Oprah

show episodes a year ago. I was curious about this lady so when I found out she was the author of this colorful book, I had to pick it up and read it.

It was good! It was raw and truthful and in your face. The messages in this book are LOUD and you have to be receptive to the lessons taught in this book - it is worth it, I promise you.

Iyanla is not afraid to lay it all out. She describes her life in the projects and how she got out. (can I just say that this memoir reminded me of A Piece of Cake by Cupcake Brown - also a powerful book that everyone should read). She talks about growing up without a mother (her mom died from breast cancer), with a dad that wasn't around, being beaten by her grandmother from an early age, sexually abused by an uncle, having 3 children from two different fathers, going through several rough marriages and several abusive boyfriends. Iyanla had a tough, ROUGH life, that I wouldn't wish upon my worst enemy, and yet she ended up coming out on top. Iyanla got a law degree, became a Yoruba priestess, and then got her life on track. Her story is so amazing that I think I will end up buying this book and reading it over and over again. It is that good, I tell ya.

Shalonda Williams-McClendon says

Reading this book was such a blessed experience. I find that sharing in the process of someones journey is something special indeed. I had moments of reflection. I had moments of inspiration. I had moments of sadness. I had moments of enlightenment. I love this read and would encourage others to share in the experience of reading it.

Danielle says

This book made me cry, i love Iyanla, fell in love with this book because it was raw and gritty. I couldn't put it down. I tried reading some of her other books after this, but always came back to this one. Because i think it was hugely biographical. this is a must read just for the sheer fact that Iyanla spits words at you which you cant help but react with.

Kendall says

This book is very real. And Iyanla Vanzant is like the mama every girl needs to tell her what to and what not to do, because she has been there! Yesterday I cried while reading Yesterday I Cried. If you've ever made mistakes in your life, add this to your reading list!

David Jay says

I saw Iyanla speak at the Javits Center in 1999. It was truly a life changing experience, just incredible. I think I started this book the next day and adored it. Re-reading it now nine years later, I realize that Iyanla's lecture was amazing and I think the book, which is good but not amazing, got lumped into the whole experience for me.

This book taught me many things I needed to learn. The lessons are profound. But the book meanders and much of the writing is weak. The whole conceit of Iyanla taking a bath while remembering the parts of her past which require healing becomes very silly very quickly. My friend Mellie and I read the book together and had ongoing jokes about Iyanla's hours long bath which was followed by a shower, which was followed by another bath, etc.

Iyanla is a wise teacher and I'm interested in anything she has to say, anything she writes. I prefer her audiobooks to her written books. Her speaking voice, like her message, is very powerful.

Crystal says

I like watching Iyanla's talks about life lessons so naturally, I thought I would enjoy her books as well. Not so for this particular one...

First of all, the chapters are all titled "What's the lesson when..." so I assumed this would be more of a self-help book similar to the "life lessons" talks she gives. I soon found that it was more a collection of her life stories that, in the end, didn't seem to answer the chapter-heading question of what the take-away lesson was supposed to be, (other than pointing out that life can be very hard.)

Maybe I didn't give it a fair chance. I got perhaps 70-80 pages in and I turned it back in. Maybe it talked about the take-away for all of this toward the end of the book. Maybe it was more inspirational the further in you got, but the beginning just seemed to me like she was focusing on one bad story after another and was consistently frustrating and depressing. Maybe I missed the point entirely and it was up to the reader to determine what the take-away lesson from all this was supposed to be. I just didn't get out of it what I thought I would.

In any case, I felt that she made a strange choice with her writing style, (a good portion of it was in the third person representing her former self before she took on the personality and name of "Iyanla",) and it made for a strange experience "wading" through all that text. The reconciling between the "old" self and "new" self was handled in a very odd way. I was left a bit lost, wondering what the point was, and while I felt sorry for her struggles, this book began to wear on me and seemed like a downer after a while. It didn't feel quite like a linear autobiography, but it didn't quite feel like a self-help book, either.

I'd like to perhaps try some of her other books. I think I would enjoy "In the Meantime" more. I just don't think this was the book for me. It seems to me that Iyanla, to me, speaks far better than she writes.

Jama Jack says

Absolutely brilliant read. Poignant lessons in faith, love, hope, trials and triumphs, family, self-esteem and life in general.

Iyanla's story is a powerful and inspirational one and I'm glad I read it at this moment. Recommended.

Karen says

I first heard the poem Yesterday, I Cried, on the Oprah show which lead me to the book. Iyanla's story captured my attention. I found myself identifying with so much of what she went through in the book. To this day it is still one of the first books that come to mind, when someone ask me what is my favorite book.

Hadesah says

You can undersand a person better once you know their whole story

Lorraine says

Amazing! Transformed my life!!

Senele says

Oh, I learnt so much! So much that it brought tears to my eyes, joy to my spirit, and faith that life can only get better, and that God indeed loves me. I saw so much of the struggles that I go through, its what is universal. The question is what do you choose to learn? How do you make the most with what has been served to you?

Life changing. I really believe I needed that book at the point I was in my life then. i still read it up today!

Camille says

I loved this story!

I true tale of overcoming challenges and leaving your past behind.
Though it is categorized as a self help book I didn't take it that way. I see it more of a moving memoir and a personal step in Vanzant's growth.

It took me a bit longer to read than normal because I really wanted to internalize everything taught in this book and try to find parallels to my own life (There were quite a few!) .

Author-suchalady Blackheart says

I loved the original and learned a lot from it. She told some of my story in this book but she also gave me the courage to write my own story and live my own life and be myself. I will lean off the back of Iyanla Vanzant.

I will be re-reading the original book when I get a hold of it.

Tiffany says

I love Iyanla Vanzant, but I did not like this book. It is basically an autobiography, and Iyanla has a very depressing life. Not only is it a depressing read, it is also boring. She is honest with her story, but she tells it in a clinical way. It is strange to read about some horrific events and feel no emotions from Iyanla. If you don't already love her, I don't think you will enjoy this book.

Baratang says

Only GOD could have made Rhonda survive her grandmother's brutality and cruelty. I read details of her abuse with difficulty and when I finally learned how old she was when her skin was ripped off her back, I sobbed.

Her step mother was wonderful and I couldn't help but wonder why men would abuse such good women, and why women gave into the emotional and sometimes physical abuse. The characters may have been born and bred in the US, but Africa was still in them. As an African, grandma's religious practices reminded me of the African apostolic church, where Christianity and Africanism co-existed and formed a new religion. Iyanla's mentor for her calling also practiced things that are our daily bread here. It was shocking though, that at 17, Rhonda had already given birth to 4 children. Her choice of men also made me wonder if there was a deep psychological problem with her. How she survived the beatings, I don't know. Her letter to her son in jail was quite something. All in all, I believe that when someone hangs their linen so openly for the world to see, they are truly done with their old ways and will never look back again.

Lana says

This is one of the most heart-felt, soul-cleansing, inspiring books I've ever read. I love anything Iyanla writes, but this book is so honest and vulnerable that there aren't enough words to describe the emotions it brought out in me.
