



Tapping the Power Within: A Path to Self-Empowerment for Women

By Iyanla Vanzant

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The revised and expanded 20th-anniversary edition of **Iyanla Vanzant**'s first published work offers a powerful path to self-empowerment through the revitalization of one's spiritual and ancestral roots. Written with Iyanla's signature healing stories, this classic guide to uniting the will with the spirit teaches that only *you* have the power to make a change for the better. With chapters on basic breathing and meditation techniques, setting up a home altar, connecting with ancestors and guardian spirits, and the extraordinary power of forgiveness, this book is a perfect companion on the way toward the real you.

Known for teaching by principle and example, this exclusive edition also contains Iyanla's special "What I Know Now" commentaries and a link to download original audio. These tools will challenge you to stop struggling and start recognizing that it *is* possible to reconcile your humanity with your divinity. Whether you are a beginner on the path or a veteran in need of refreshment, Iyanla's prescriptions can support your growth from the comfort of spiritual adolescence to the wisdom of spiritual maturity. You no longer need to settle for the way things *are* . . . you can open up to the way things can *be*—if you dare to tap the power within!

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Editorial Review

About the Author

Iyanla Vanzant is the founder and executive director of Inner Visions International and the Inner Visions Institute for Spiritual Development. She is a Yoruba priestess and an ordained minister in Christian New Thought. The author of 13 titles—including five *New York Times* best sellers, and the Inner Visions Series of meditation tapes (Sounds True, 2002)—she is the former host of the television series *Iyanla*, and co-host on the NBC daytime reality show *Starting Over* as well. The proud grandmother of five currently resides in Maryland.

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