



# **The Spirit of a Man: A Vision of Transformation for Black Men and the Women Who Love Them**

*Iyanla Vanzant*

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## **The Spirit of a Man: A Vision of Transformation for Black Men and the Women Who Love Them**

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Dynamic and truthful, inspirational and wise; Iyanla Vanzant, author, orator and authority on spirituality from an African perspective, delivers a soaring message of faith and empowerment to Black men and to their mothers, daughters, and wives.

Long known as the country's leading authority on spirituality and empowerment of Black women, Iyanla Vanzant now offers a message of faith, self-knowledge, and courage for Black men in struggles, crises, and victories we face in today's society. Teaching Black men to recognize and tap the energy of our own spirits, Vanzant uses a brilliant and transforming blend of ancient African spirituality, practical self-help advice, and contemporary faith to help Black men—and the women who love them—nurture the strength and power that are our birthright.

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