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"Living Through The Meantime" is a book that is meant to put the lessons learned about in the previous book "In The Meantime" to use in a constructive and structured manner. Iyanla Vanzant is very good at making the reader of her books feel as if she is sitting right next to her waiting to give an encouraging hug, or an honest look of "You KNOW you're lying to yourself right now, right??"

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