

Life is Like a Grindstone

It has been said that life is like a grindstone. It will either grind you down or polish you up.

It seems that some people have bounced back from disaster, defeat and virtually every imaginable form of difficulty.

That is certainly the case with Iyanla Vanzant.

According to an article in the *Dallas Morning News*, Vanzant, born in 1953, was raped when she was just 9 years old. She had a child at age 16 and a nervous breakdown at age 22. She spent 11 years on welfare.

Her will to win, however, and a never-say-die spirit, combined with sacrifice, perseverance and faith, propelled her to the top. She earned a law degree and became a criminal defense attorney.

Not only that, she is an author, radio and television talk-show host and an inspirational speaker. She is known primarily for her books, for her eponymous talk show, and for her frequent appearances on *The Oprah Winfrey Show*. She can currently be seen on television as the host of *Iyanla, Fix My Life*, and as a frequently featured guest teacher of *Oprah's Lifeclass* on OWN (the Oprah Winfrey Network).



In 2000, Vanzant was named one of the 100 most influential black Americans by *Ebony* magazine, which said that “her books, lectures and television appearances have made her a multimedia high priestess of healthy relationships.” In 2012, she was listed at No. 7 on *Watkins' Mind Body Spirit* magazine list of the 100 most spiritually influential living people.

She is living proof that it is not where you start or even what happens to you along the way that's important. What is important is that you persevere and never give up on yourself.

Vanzant is an upbeat, enthusiastic person who delights in persuading others that they, too, can get it all together and do great things with their lives, regardless of what their past may have been.

The lesson: Whatever may happen, pick yourself up by your bootstraps, go to work with the right attitude, hang in there and expect good things to happen.

And let us not grow weary of doing good, for in due season we will reap, if we do not give up (Galatians 6:9 ESV).

– Beecher Hunter