



# **All the Joy You Can Stand: 101 Sacred Power Principles for Making Joy Real in Your Life**

*Debreana Jackson Gandy*

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**All the Joy You Can Stand: 101 Sacred Power Principles for Making Joy Real in Your Life** Debrena Jackson Gandy

Bestselling author, keynote speaker, success coach, and seminar leader Debrena Jackson Gandy has helped thousands of women access their inner power and live more joyfully and boldly. In her national bestseller, **All the Joy You Can Stand: 101 Sacred Power Principles for Making Joy Real in Your Life**, she reveals the steps that will help you undergo the transformation of a lifetime. This engaging, thought-provoking book shows you how to:

- \* Discover your sacred self and renew your spirit
- \* "Unblock" your joy and learn to "go with the Flow"
- \* Free your creative genius and make use of your natural gifts and talents
- \* Cultivate your intuition, self-expression, and boldness
- \* Be a Sensuous Woman, a Spiritual Gardener, and the Architect of Your Life

Filled with personal experiences and insightful stories from readers, friends, and seminar participants, this uplifting get-real guide is a must-read for women who want to develop their spiritual strength and tap into their divine potential. Discover how to have a life of joy, peace, power, and ease.

## All the Joy You Can Stand: 101 Sacred Power Principles for Making Joy Real in Your Life Details

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# **From Reader Review All the Joy You Can Stand: 101 Sacred Power Principles for Making Joy Real in Your Life for online ebook**

**Tori (InToriLex) says**

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This book was a breath of fresh air. The chapters were full of positivity and suggestions on how to get more out of life. I wanted to find a self-help book that I could reference and think deeply about, and this was it. It is geared towards black women, but has great tools that everyone can apply. Between life lessons, the author includes relate-able stories about women struggling to find joy through different circumstances and stages of their lives. The stories kept my interest and illustrated the real world applications of the principles described.

## **The Four Laws of Attention**

- 1)We are what we give our attention to**
- 2)What we give our attention to becomes real for us**
- 3)What we give our attention to grows**
- 4) What we find in the world reflects our self concept**

I read self-help books to find out how I can continue to grow and challenge myself to push forward. These 101 sacred power principles gave a plethora of guidance on how to be more spiritual and suggestions to take time out to recognize who you are as a whole person. There are positive quotes and further book recommendations galore. The author is heavy handed with referencing other people's books and suggestions, which came off as filler. However I was still pleasantly surprised with how much was included that I could apply to my life.

**"You don't want to over identify with your strength or your weaknesses because they are only aspects of what makes you You. They are not the essence of what makes you You."**

[image error]

The biggest lesson I learned while reading is to give yourself enough space, forgiveness and time to process the world around you. The sections on spirituality were great because they didn't advance one belief system over another. There are also sections that encourage the reader to find people to learn and commune with. Building a supportive community around you is one of the best gifts you can give yourself. While this book was published seventeen years ago, nothing felt dated or out of touch with the times. I would recommend this to everyone who wants concrete suggestions to progress in their personal and professional lives.

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**Rgough says**

This book really helps to get you back to the basics. It really has allowed me to search deep within myself and pull up all the existing weeds that hinder me from growing.

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### **Abbe Rolnick says**

this book is my mantra. Thank you Gandy for writing it.

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### **Dominique says**

I absolutely loved this book!! It has provided me with the fundamentals to claiming my joy once again! She provides basics principles with many real life experiences and plenty of awesome exercises that assist you with digging in and really cleaning that internal space!!! I borrowed the book from the library but I will definitely be purchasing it soon because it's the type of book you will revisit over and over!!

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### **Tina says**

Fantastic book. This book literally changed my life. I changed how I treat myself! "You can't take care of your family if you don't take care of yourself"!!

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### **Polly Watson says**

First of all, while I'm clearly not the original intended "sister" audience, I thoroughly enjoyed reading ALL THE JOY YOU CAN STAND. I love reading any and everything about JOY, though. :)  
What brings me JOY? ? #ThePollyAnnaJOYPlan #JOYbomb #feelingJOYFULL #Joy #jumoy #JoyJoy #happyhappyJOYJOY #alwaysJOY #abundantJOY #infiniteJOY #ecstaticJOY #unimaginableJOY #JesusismyJOYouslight #inHisPresenceisfullnessofJOY #JOYouspraise #transcendentJOY #heartfeltJOY #JOYRegardless #JOYbell #freshJOY #everlastingJOY #wonderfulJOY #HeismyJOYousfocus #gloriousinexpressibleJOY #radiantwithJOY #sparklyJOY #sparklesofJOY #thereaintnothinggonnastealmyJOY #gofindyourJOY #anointingoilofJOY #GodsJOYfairy #IamHisJOYsong #JOYismyjam

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### **Mekel says**

Really great self help book for black women. In many of the chapters, the author teaches you the importance or preserving your energy and how to feed your spirit to grow so you can experience an abundance of joy in your life. In my opinion is not a 'how to become happier" (because those are no fun) its more of a self-reflection book and she really does a great job at making you stop after every principle to reflect on what you read and how it may apply to your life.

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**Nancy Lynn Martin says**

Awesome book about finding your inner power and finding joy.

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