



## 10 Good Choices That Empower Black Women s Lives (Paperback)

By Grace Cornish

Random House USA Inc, United States, 2002. Paperback. Book Condition: New. Reprint. 198 x 130 mm. Language: English . Brand New Book. Its time to take back your power and make choices that will help you live a fuller, happier, and more productive life! With her national bestseller, 10 Bad Choices That Ruin Black Womens Lives, beloved television personality, lecturer, and author Dr. Grace Cornish wrote a self-help classic for black women who want to rid themselves of the baggage thats dragging them down. Now Dr. Grace shows readers not only how to heal their romantic relationships, but also how to incorporate new, empowering good choices into every aspect of their lives. This inspiring and insightful book outlines ten positive choices that will help black women move onward and upward, including: \* Embracing the skin youre in \* Accepting "better love," not "bitter love" \* Turning stumbling blocks into stepping stones \* Taking calculated chances Full of anecdotes from her clients, friends, and fans, 10 Good Choices That Empower Black Womens Lives is Dr. Graces tried-and-true prescription for finding renewed success, happiness, and peace of mind. She is also a regular on Good Day, New York.



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