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## Define Your Own Way: Empowering Young African American Women

By Nicole Roberts Jones

Pilgrim Press, United States, 2010. Paperback. Book Condition: New. 213 x 137 mm. Language: English . Brand New Book. Define Your Own Way provides young African American women with a roadmap to effectively transition their lives from good to better to best. Jones, a life coach, uses her skills to address issues such as self-image and self-esteem while tackling topics such as how to set long-term goals in a society that often encourages short-term gratification. Jones has successfully coached and mentored young women through the widely popular programs offered at Imani Phi Christ, the non-profit organization she founded. Although Jones has specifically written this book with young Christian women in mind, it can be used by women of all ages who want to chart their own course and stand up for their belief in community empowerment, faith, and most importantly, themselves.



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### Reviews

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