



A Ninety-Day Empowerment Journal for Young Women: Learn to Affirm Daily Self-Love, Self-Confidence, and Self-Brilliance

PhD Gwendolyn J. Cooke

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This guide for girls and young women ages thirteen to twenty-one tears down the negative images presented in various media of African American youth and young adults.

While it's intended to be read with an adult mentor, it can also be used by individuals who want to grow and develop on their own.

If you're a young female, you'll engage in fun activities, including:

- Listen to Stevie Wonder's song "Isn't She Lovely," and then, using the letters of "lovely," write a meaning for each letter to describe what is lovely about you.
- Read the poems "Mother to Son" by Langston Hughes and "Still I Rise" by Maya Angelou, and explain how encouragement is defined in each poem.
- Read "10 Challenges That American Women Still Face Today" on the Ms. magazine website, and list three challenges you face now or are likely to face in the future.

You'll also learn how journal writing can be an appropriate strategy for problem solving when "talking it out" with a friend, parent, or other adult doesn't seem possible.

Change the way you look at yourself, others, and life with *A Ninety-Day Empowerment Journal for Young Women*.

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Do you have something that you want such as book? The reserve lovers usually prefer to pick book like comic, quick story and the biggest an example may be novel. Now, why not trying A Ninety-Day Empowerment Journal for Young Women: Learn to Affirm Daily Self-Love, Self-Confidence, and Self-Brilliance that give your fun preference will be satisfied by simply reading this book. Reading routine all over the world can be said as the opportunity for people to know world much better then how they react towards the world. It can't be stated constantly that reading addiction only for the geeky man but for all of you who wants to end up being success person. So , for all of you who want to start examining as your good habit, you could pick A Ninety-Day Empowerment Journal for Young Women: Learn to Affirm Daily Self-Love, Self-Confidence, and Self-Brilliance become your own starter.

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Arturo Lamb:

Is it you actually who having spare time in that case spend it whole day through watching television programs or just lying down on the bed? Do you need something new? This A Ninety-Day Empowerment Journal for Young Women: Learn to Affirm Daily Self-Love, Self-Confidence, and Self-Brilliance can be the answer, oh how comes? It's a book you know. You are so out of date, spending your extra time by reading in this fresh era is common not a nerd activity. So what these textbooks have than the others?

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