

# LEARNING TO LOVE YOURSELF

**A Handbook for the African-American Woman**

**Twenty-five coaches, consultants and  
professionals share powerful tips for women  
of color regarding building self-worth.**



**Self-Pampering ~ Overcoming Childhood Pain & Trauma  
Avoiding Abusive Relationships with Men ~ Living Your Values  
Self-Acceptance ~ Dress for YOUR Success ~ Self-Inventory**

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