

# LIFE SKILLS FOR THE AFRICAN AMERICAN WOMAN

Twenty-five consultants, seminar leaders, and professional coaches share powerful tips involving life organization, parenting and self-confidence.



20 Ways to Pamper Yourself ~ Staying Cool Under Fire  
Raising African American Sons ~ 15 Ways for a Healthier Life  
25 Ways to Increase Wealth & Overcome Debt  
The Power of Positive Self-Talk

Edited by

**Linda Ellis Eastman**

Founder of The Professional Woman Network