

# 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**

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