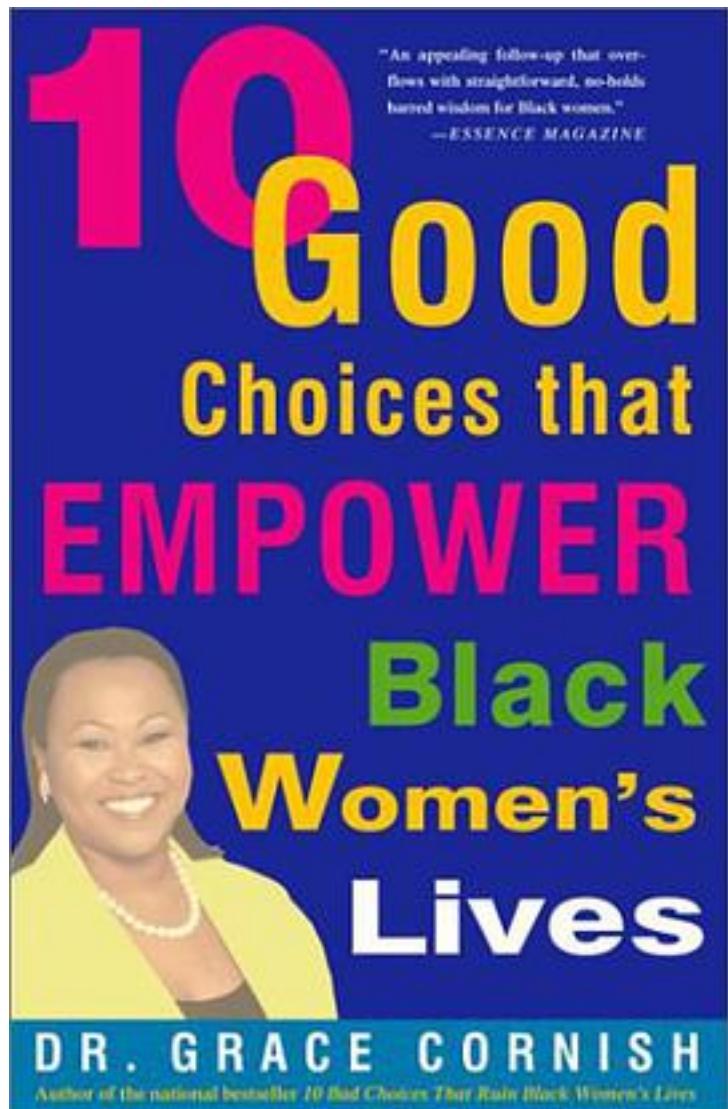


# 10 Good Choices That Empower Black Women's Lives



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It's time to take back your power and make choices that will help you live a fuller, happier, and more productive life!

With her national bestseller, *10 Bad Choices That Ruin Black Women's Lives*, beloved television personality, lecturer, and author Dr. Grace Cornish wrote a self-help classic for black women who want to rid themselves of the baggage that's dragging them down. Now Dr. Grace shows readers not only how to heal their romantic relationships, but also how to incorporate new, empowering good choices into every aspect of their lives. This inspiring and insightful book outlines ten positive choices that will help black women move onward and upward, including:

- \* Embracing the skin you're in
- \* Accepting "better love," not "bitter love"
- \* Turning stumbling blocks into stepping stones
- \* Taking calculated chances

Full of anecdotes from her clients, friends, and fans, *10 Good Choices That Empower Black Women's Lives* is Dr. Grace's tried-and-true prescription for finding renewed success, happiness, and peace of mind.

She is also a regular on Good Day, New York.

作者介绍:

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