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10 Good Choices That Empower Black Women's Lives

By Grace Cornish



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10 Good Choices That Empower Black Women's Lives By Grace Cornish

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.



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Editorial Review

From Publishers Weekly

In the follow-up to her successful first book, *10 Bad Choices That Ruin Black Women's Lives*, Dr. Cornish offers black women the fundamental wisdom and gentle nudges they need to come into their own and achieve a life "balanced among God, health, money, and love." More than just uplifting women, she aims to empower them, showing how to realize the practical benefits of a spiritual life through anecdotes that women have shared in her seminars and in letters seeking advice. "Psychologically free" women, she emphasizes, are those with the ability to make good choices. Cornish's message of self-respect is not only about loving one's own unique beauty (both inside and out), but also about acknowledging bad choices, and then allowing oneself to "let go and move onward and upward." She encourages women to look for "better love" by "set[ting] the tone at the outset of all relationships" and to look for men who will "enrich" their lives, look out for their best interests and who will accept and love them for who they are. In another chapter, Cornish debunks the myth that "money is the root of all evil," claiming that, by believing so, many women fail to experience their full financial potential. While some of the economic advice (Don't "spend a dime when you only have a nickel") is common sense and perhaps too basic for more mature women, older readers will derive as much benefit as younger ones from Cornish's six excuses for bad career choices and how to change them. An author who clearly understands her audience, Cornish provides warm, sister-to-sister explanations that are personal yet universal, and will help steer women toward better lives with a firm and loving hand.

Agent, Barbara Lowenstein. (Nov.)

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Review

"Dr. Grace has done it again—**10 Good Choices** is off the hook! It takes you on a trip of self-discovery, self-renewal, and self-improvement. This book is for real—go cop one now." —Queen Latifah

"Reading **10 Good Choices** is like having a personal life coach cheering you on with each page. Dr. Grace writes with authority and love, teaching you how to use your own gifts to reach a higher state of fulfillment." —Sonia Alleyne, editor in chief of *Black Elegance* and *Belle* magazines

From the Inside Flap

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Users Review

From reader reviews:

Helen Green:

Reading a book can be one of a lot of activity that everyone in the world really likes. Do you like reading book consequently. There are a lot of reasons why people enjoyed. First reading a book will give you a lot of new facts. When you read a e-book you will get new information simply because book is one of several ways to share the information or their idea. Second, reading a book will make a person more imaginative. When you reading a book especially fictional works book the author will bring that you imagine the story how the figures do it anything. Third, you are able to share your knowledge to other people. When you read this 10 Good Choices That Empower Black Women's Lives, it is possible to tells your family, friends along with soon about yours e-book. Your knowledge can inspire the mediocre, make them reading a publication.

Theo Garcia:

A lot of people always spent their own free time to vacation or maybe go to the outside with them family or their friend. Did you know? Many a lot of people spent they will free time just watching TV, or even playing video games all day long. If you need to try to find a new activity that is look different you can read any book. It is really fun in your case. If you enjoy the book you read you can spent 24 hours a day to reading a e-book. The book 10 Good Choices That Empower Black Women's Lives it is quite good to read. There are a lot of those who recommended this book. They were enjoying reading this book. In the event you did not have enough space to create this book you can buy the actual e-book. You can m0ore simply to read this book from a smart phone. The price is not to fund but this book provides high quality.

Charles Moreno:

In this time globalization it is important to someone to obtain information. The information will make a professional understand the condition of the world. The fitness of the world makes the information easier to share. You can find a lot of referrals to get information example: internet, newspapers, book, and soon. You can see that now, a lot of publisher which print many kinds of book. The actual book that recommended to you personally is 10 Good Choices That Empower Black Women's Lives this guide consist a lot of the information in the condition of this world now. This particular book was represented how can the world has grown up. The dialect styles that writer make usage of to explain it is easy to understand. The particular writer made some investigation when he makes this book. Here is why this book suited all of you.

Antoine Anderson:

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