



A NinetyDay Empowerment Journal for Young Women: Learn to Affirm Daily Self-Love, Self-Confidence, and Self-Brilliance

Gwendolyn J. Cooke PhD

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This guide for girls and young women ages thirteen to twentyone tears down the negative images presented in various media of African American youth and young adults.

While it's intended to be read with an adult mentor, it can also be used by individuals who want to grow and develop on their own.

If you're a young female, you'll engage in fun activities, including:

- * Listen to Stevie Wonder's song "Isn't She Lovely," and then, using the letters of "lovely," write a meaning for each letter to describe what is lovely about you.
- * Read the poems "Mother to Son" by Langston Hughes and "Still I Rise" by Maya Angelou, and explain how encouragement is defined in each poem.
- * Read "10 Challenges That American Women Still Face Today" on the Ms. magazine website, and list three challenges you face now or are likely to face in the future.

You'll also learn how journal writing can be an appropriate strategy for problem solving when "talking it out" with a friend, parent, or other adult doesn't seem possible.

Change the way you look at yourself, others, and life with *A NinetyDay Empowerment Journal for Young Women*.

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From reader reviews:

Gina Hill:

Spent a free a chance to be fun activity to do! A lot of people spent their sparetime with their family, or their friends. Usually they undertaking activity like watching television, planning to beach, or picnic from the park. They actually doing same thing every week. Do you feel it? Will you something different to fill your personal free time/ holiday? Can be reading a book could be option to fill your free of charge time/ holiday. The first thing you will ask may be what kinds of e-book that you should read. If you want to try look for book, may be the guide untitled A NinetyDay Empowerment Journal for Young Women: Learn to Affirm Daily Self-Love, Self-Confidence, and Self-Brilliance can be great book to read. May be it might be best activity to you.

Andrew Evans:

Reading a book being new life style in this yr; every people loves to examine a book. When you study a book you can get a large amount of benefit. When you read publications, you can improve your knowledge, due to the fact book has a lot of information upon it. The information that you will get depend on what types of book that you have read. If you want to get information about your study, you can read education books, but if you want to entertain yourself you can read a fiction books, these kinds of us novel, comics, as well as soon. The A NinetyDay Empowerment Journal for Young Women: Learn to Affirm Daily Self-Love, Self-Confidence, and Self-Brilliance provide you with a new experience in examining a book.

Maria Couch:

What is your hobby? Have you heard which question when you got pupils? We believe that that issue was given by teacher to the students. Many kinds of hobby, Everybody has different hobby. And you know that little person such as reading or as looking at become their hobby. You have to know that reading is very important as well as book as to be the thing. Book is important thing to provide you knowledge, except your own teacher or lecturer. You get good news or update about something by book. A substantial number of sorts of books that can you take to be your object. One of them are these claims A NinetyDay Empowerment Journal for Young Women: Learn to Affirm Daily Self-Love, Self-Confidence, and Self-Brilliance.

Brant Castillo:

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Brilliance can to be your brand-new friend when you're really feel alone and confuse with what must you're doing of these time.

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