



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

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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:**

#### **Todd Jacobs:**

The reserve untitled 10 Good Choices That Empower Black Women's Lives is the reserve that recommended to you to study. You can see the quality of the publication content that will be shown to you actually. The language that creator use to explained their way of doing something is easily to understand. The article author was did a lot of exploration when write the book, therefore the information that they share to you personally is absolutely accurate. You also can get the e-book of 10 Good Choices That Empower Black Women's Lives from the publisher to make you more enjoy free time.

#### **Laura Enriquez:**

10 Good Choices That Empower Black Women's Lives can be one of your nice books that are good idea. Many of us recommend that straight away because this guide has good vocabulary that could increase your knowledge in language, easy to understand, bit entertaining but still delivering the information. The writer giving his/her effort that will put every word into pleasure arrangement in writing 10 Good Choices That Empower Black Women's Lives yet doesn't forget the main place, giving the reader the hottest in addition to based confirm resource data that maybe you can be one among it. This great information can drawn you into fresh stage of crucial thinking.

#### **Sherry Clark:**

Is it an individual who having spare time then spend it whole day by watching television programs or just lying on the bed? Do you need something new? This 10 Good Choices That Empower Black Women's Lives can be the respond to, oh how comes? The new book you know. You are so out of date, spending your time by reading in this new era is common not a geek activity. So what these ebooks have than the others?

#### **Santos Ball:**

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