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—RABBI ZALMAN M. SCHACHTER-SHALOMI

10 bad choices that ruin black women's lives

DR. GRACE CORNISH



10 Bad Choices That Ruin Black Womens Lives

Léo Pomar



10 Bad Choices That Ruin Black Womens Lives:

10 Bad Choices That Ruin Black Women's Lives Grace Cornish, Ph.D.,2010-11-24 In 10 Bad Choices That Ruin Black Women s Lives relationship expert Dr Grace Cornish writes a lively practical provocative guide for black women everywhere who want to shed the duds and find the studs who will treat them with respect According to Dr Cornish six out of every ten black women are either in bad relationships share a man or are celibate The problem is not the women themselves but the bad choices they keep making In her frank and refreshing new book Dr Cornish speaks to unique aspects of the African American female psyche by targeting ten of the most common and foolish choices black women make in their lives regarding men and how they can correct these problems including Sisters Dissin Sisters No Money No Honey Exchanging Sexual Dealings for Loving Feelings Loving the Married Bachelor Emotional Dependency Plus Unplanned Pregnancy and much more Relying on case studies interviews and letters she has received Dr Cornish gets to the heart of the matter by illuminating why black women no matter how smart savvy and successful continue to lose at the dating game and how they can face erase and replace the problems that have kept them from finding true love Why are so many black women alone or in bad relationships Why do sisters unconsciously use weight fear finance status skin color and other barriers to keep themselves from getting the love they want Why do black women think that there are no eligible black men left that the good ones are married dead or not yet born and the rest are gay bisexual or interested only in white women *10 Bad Choices That Ruin Black Women's Lives* Grace Cornish, Ph.D.,1999-10-12 In her best seller 10 Bad Choices That Ruin Black Women s Lives relationship expert Dr Grace Cornish has written a lively provocative guide for black women everywhere who want to shed the duds and find the studs who will treat them with respect According to Dr Cornish six out of every ten black women are either in bad relationships share a man or are celibate The problem is not the women themselves she explains but the bad choices they keep making In this frank and refreshing book Dr Cornish speaks to unique aspects of the African American female psyche by targeting ten of the most common and foolish choices black women make in their lives regarding men and how they can correct these problems Relying on case studies interviews and the letters she has received Dr Cornish gets to the heart of the matter by illuminating why black women no matter how smart savvy and successful continue to lose at the dating game and how they can face erase and replace the problems that have kept them from finding true love 10 Good Choices That Empower Black Women's Lives Grace Cornish,Gracie Cornish,2000 Building on the popular and critical success of her best seller 10 Bad Choices that Ruin Black Women s Lives popular TV personality and author Dr Grace Cornish offers black women new empowering life affirming choices for moving onward and upward in work love and spirituality This is smart sympathetic sister to sister counselling from a trusted inspiring source Overflows with straightforward no holds barred wisdom for black women Essence Takes you on a trip of self discovery self renewal and self improvement Queen Latifah 10 Good Choices That Empower Black Women's Lives Grace Cornish, Ph.D.,2010-03-31 It s time to take back your power

and your life take it back from the bad relationships bad careers bad investments bad company and bad memories It's time for you to live a fuller happier more productive and wholesome life This is your time to claim your blessings God has given you a choice Choose wisely sis choose to win and enjoy every moment of it 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 wanted to face and erase the relationship problems Now in her 10 Good Choices That Empower Black Women's Lives Dr Grace takes readers beyond healing just their romantic relationships she's ready to show black women how to incorporate new empowering good choices into every aspect of their lives Inspiring and insightful this is Dr Grace's tried and true prescription for finding the right balance between work love and spirituality From Trust Your Intuition to Taking Calculated Chances and Embracing the Skin You're In Dr Grace outlines ten positive choices that will help black women move onward and upward in their personal and professional lives Full of first person anecdotes from Dr Grace's patients friends and fans this is a real book about real people in tough situations and the choices they have made that led to renewed success happiness and peace of mind With her trademark brand of smart sympathetic sister to sister counseling Dr Grace Cornish's 10 Good Choices That Empower Black Women's Lives is destined to become a classic of self help for African American women of all ages and backgrounds

You Deserve Healthy Love, Sis! Grace Cornish, Ph.D.,2010-03-24 In her previous books the national bestsellers 10 Bad Choices That Ruin Black Women's Lives and 10 Good Choices That Empower Black Women's Lives celebrated television personality motivational speaker and author Dr Grace Cornish showed African American women how to kick unhealthy habits make positive decisions and transform themselves into self assured sisters Now in You Deserve Healthy Love Sis Dr Grace goes the extra mile and gives Black women a simple workable plan to help them find their true soul mate and cultivate a healthy love from dating to mating and beyond Once again armed with her trademark tell it like it is spunk and her inspiring on target advice for women of color Dr Grace offers a practical yet empowering seven step prescription for rich honest love that will withstand life's challenges and land a woman at the altar next to her ideal spiritual emotional mental and physical man From Check Your Signals Before You Wreck Your Choices to Don't Be Fooled Read Him Well and Remove the Mask Dr Grace provides her readers with plenty of insightful tips on how to date with the utmost confidence and avoid the nasty pitfalls that can sink even the strongest relationships In the tradition of Dr Grace's other spirited smart self help books You Deserve Healthy Love Sis is also packed with heartfelt letters from Black women across the country who want to stop settling for Mr Wrong and inspiring stories from sisters who have followed these steps and made long lasting commitments to their soul mates Poignant honest and filled to the brim with priceless wisdom this book is a must have for women who are looking to cultivate the healthy love they've always dreamed of

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Table of Contents 10 Bad Choices That Ruin Black Womens Lives

1. Understanding the eBook 10 Bad Choices That Ruin Black Womens Lives
 - The Rise of Digital Reading 10 Bad Choices That Ruin Black Womens Lives
 - Advantages of eBooks Over Traditional Books
2. Identifying 10 Bad Choices That Ruin Black Womens Lives
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an 10 Bad Choices That Ruin Black Womens Lives
 - User-Friendly Interface
4. Exploring eBook Recommendations from 10 Bad Choices That Ruin Black Womens Lives
 - Personalized Recommendations
 - 10 Bad Choices That Ruin Black Womens Lives User Reviews and Ratings

- 10 Bad Choices That Ruin Black Womens Lives and Bestseller Lists
- 5. Accessing 10 Bad Choices That Ruin Black Womens Lives Free and Paid eBooks
 - 10 Bad Choices That Ruin Black Womens Lives Public Domain eBooks
 - 10 Bad Choices That Ruin Black Womens Lives eBook Subscription Services
 - 10 Bad Choices That Ruin Black Womens Lives Budget-Friendly Options
- 6. Navigating 10 Bad Choices That Ruin Black Womens Lives eBook Formats
 - ePub, PDF, MOBI, and More
 - 10 Bad Choices That Ruin Black Womens Lives Compatibility with Devices
 - 10 Bad Choices That Ruin Black Womens Lives Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of 10 Bad Choices That Ruin Black Womens Lives
 - Highlighting and Note-Taking 10 Bad Choices That Ruin Black Womens Lives
 - Interactive Elements 10 Bad Choices That Ruin Black Womens Lives
- 8. Staying Engaged with 10 Bad Choices That Ruin Black Womens Lives
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers 10 Bad Choices That Ruin Black Womens Lives
- 9. Balancing eBooks and Physical Books 10 Bad Choices That Ruin Black Womens Lives
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection 10 Bad Choices That Ruin Black Womens Lives
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine 10 Bad Choices That Ruin Black Womens Lives
 - Setting Reading Goals 10 Bad Choices That Ruin Black Womens Lives
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of 10 Bad Choices That Ruin Black Womens Lives
 - Fact-Checking eBook Content of 10 Bad Choices That Ruin Black Womens Lives
 - Distinguishing Credible Sources

13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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