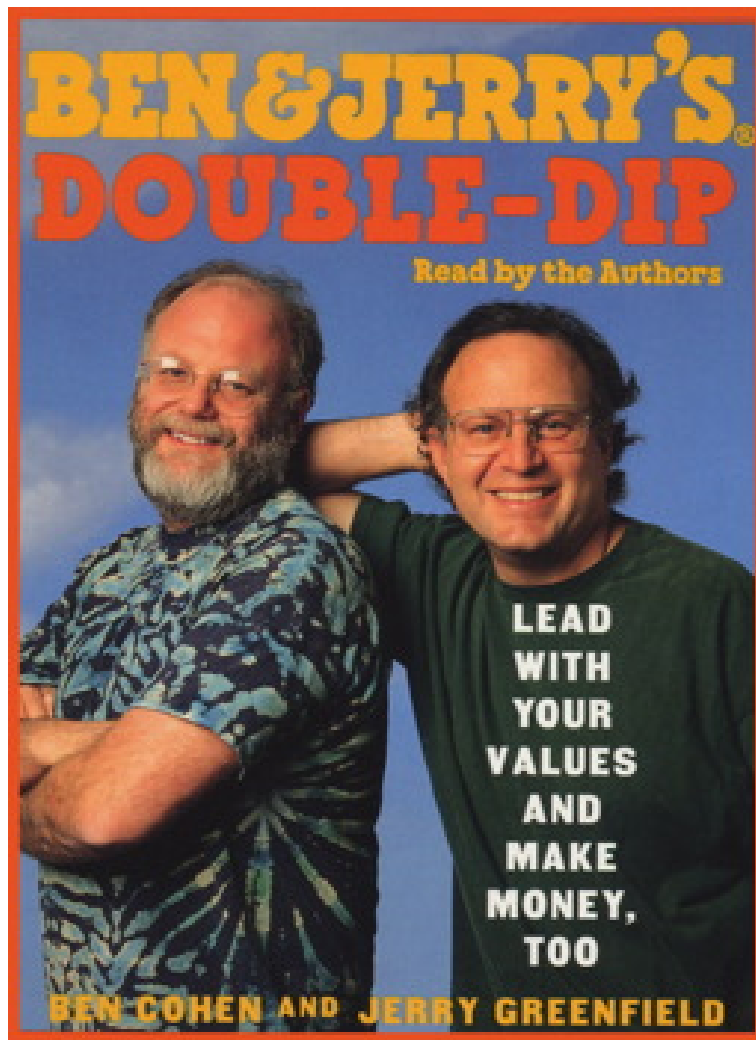


I highly recommend this book for anyone seeking to know themselves in greater detail. Dr. Markova describes the three major learning styles with such eloquence that you are bound to discover something new about yourself. When I first picked up this book, I read it in hopes of being able to communicate better with people whose thinking style was different from my own. I got much more than I bargained for, and learned things about the sub-conscious and super-conscious as well. This was a great find, and a great read.



Ben & Jerry's Double Dip is one of the important books of our time. I stumbled across it at the library, and was completely enthralled by how these gentlemen developed and ran their business. They are trail-blazers whose love of people and our planet are clearly evident. They have created jobs by teaching people how to farm, and so much more! Their moto is 'Lead With Your Values', and their values are spiritual and humanitarian based. I know there are other business owners out there who are also doing business humanely and not letting money be their only goal or value, but this is one I've discovered and wanted to share with you. I highly recommend you read Ben & Jerry's Double Dip for some outstanding life lessons.

#1 NEW YORK TIMES BESTSELLER

ACT
LIKE A
Lady

THINK
LIKE A
MAN

WHAT MEN REALLY THINK ABOUT LOVE,
RELATIONSHIPS, INTIMACY, AND COMMITMENT

STEVE HARVEY



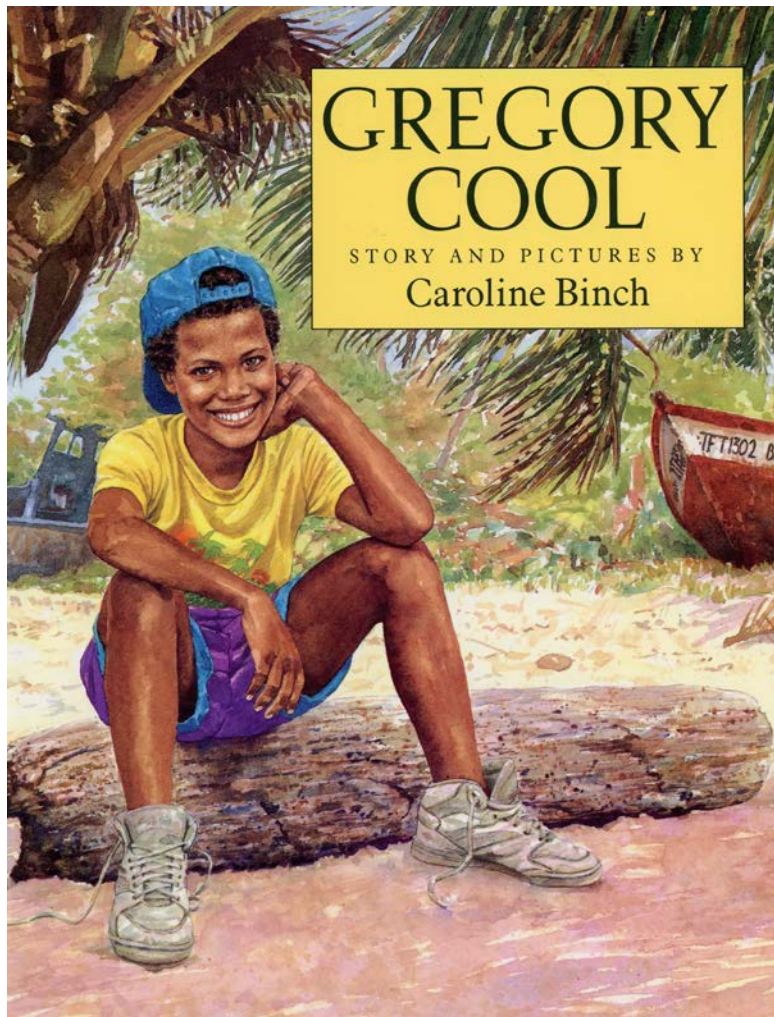
Steve Harvey took a lot of heat and criticism for writing this book, but from where I sit, it is a 'must read' for any woman of any age trying to forge a relationship with a man in modern times. Mr. Harvey said he wrote this book because he wanted his daughters to have the right type of information to go on for choosing a man to be in their lives; so you may believe ladies, that this book is as thorough and honest as a father could make it to secure the best interests of his loved ones. I have even had men acquaintances read and learn from this work. Steve is simply asking men to stand up and be men, and he instructs women how to help a man fulfill his role in society. I love this book, and I love Steve for writing it.

Taoist Ways to **TRANSFORM**
STRESS INTO VITALITY
The Inner Smile · Six Healing Sounds

Mantak Chia



Though this book is dated, it is still a valuable read that's loaded with timeless instructions for staying physically and emotionally healthy. Dr. Chia comes from a long line of natural healers dating back to ancient times and he has much to offer to enrich your life and understanding of being well. If you can find a copy of this book, take your time and absorb its lessons.



I simply love this book! I make no apologies for it. It gives me joy. Too often it seems to be the norm that books created for Black children have a heavy, sad theme and content to them. How can our children ever feel good about themselves and their prospects in life if all they ever see are images that do not convey a message of well-being?

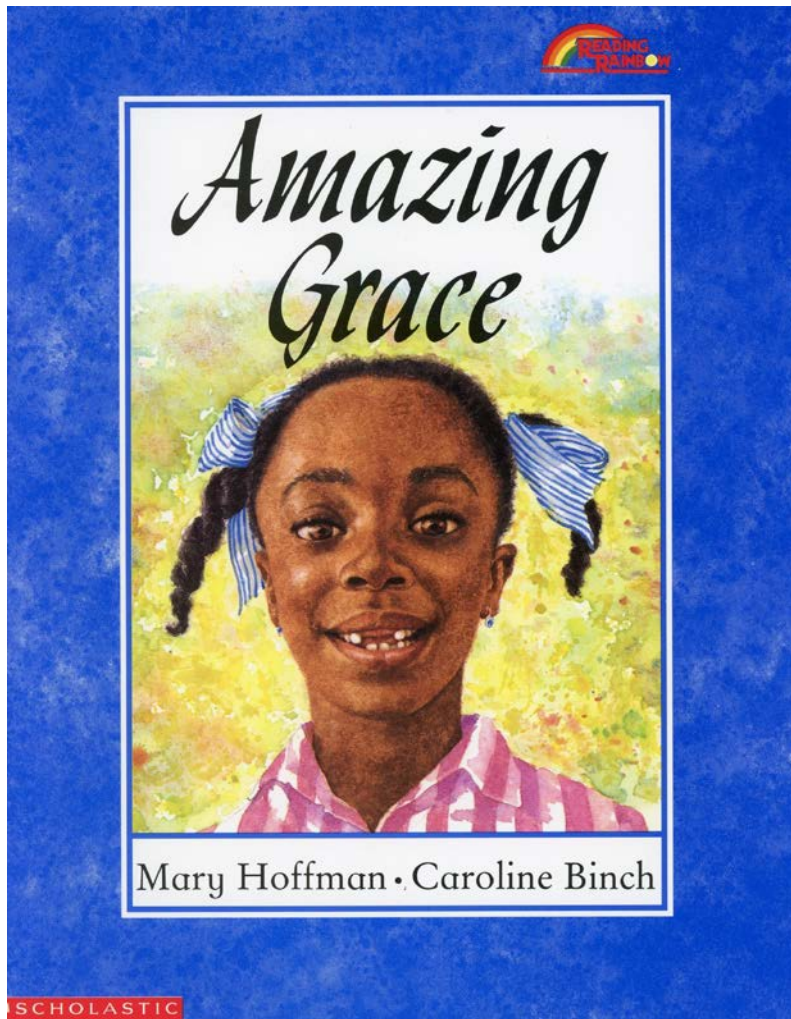
Many people won't agree with me. They will say the world is a sad and grim place and we must prepare our children to deal with it. And I say that while that is true, it is also true that life is a balancing act; and there is no balance in showing children only grimness. Grimness offers no hope, no sense of well-being, nor does it awaken the fire of the human spirit's potential to evolve.

How do we shape a better world if we are only concerned with telling stories to our children that paint a grim picture of the future? Are we not constantly shaping their futures by the things we teach them? If so, then we'd better damn well teach them to seek out the positive in life and expand upon it! We'd better teach them to embrace their joyful hearts and tap into the creative channels of their minds where positive solutions can be found and fashioned.

I recommend that everyone read 'Gregory Cool' no matter what age you are. If you are a visual artist or visual thinker, you're in for an awesome feast of brilliant water color paintings that jump off the page and draw you into the story. Gregory is visiting his relatives in Trinidad and is about to learn a whole new meaning for the word 'cool'.

Another element I like about this story has to do with Gregory bringing a fish to his grandmother for the dinner table. In many parts of the world, a fish is a symbol of good luck, fortune, and well-being. I think this event in the story makes the young reader become aware of how important it is to gather food for our survival.

Enjoy the story of 'Gregory Cool'-----and be sure to share it with a young person in your life!



'Amazing Grace' is a classic story of belief-in-self. It is told in a relaxed setting that makes you feel like a part of the family. I fell in love with Grace instantly, and think you will too. Illustrated by the author/illustrator of 'Gregory Cool', it is a delightful story to enjoy and share. If you've never heard of 'Grace', you're in for a wonderful treat.

