



Mira Mira on the wall, who's the fairest of them all?

Eka Frimpong

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There is nothing that brings hope than having someone who has gone through the same struggle as you tell you “I know how you feel, I’ve been there and you’re going to make it”. The 12 testimonials in “Mira Mira, on the wall” (African accent for Mirror Mirror – a metaphor for self-reflection) are “the voices of hope” from women from Africa and America who have experienced difficult struggles in their teenage years. The study offers a “light at the end of the tunnel” for young girls who have struggled or are struggling with age appropriate issues like low self esteem, relational problems - to the most pervasive ones like drugs & drinking, teen pregnancy, sexual abuse, prostitution, and pornography. Some of the cultural context of these women might be different but their compelling and universal stories will pull at your heart string as you find common ground in their struggles. It will also inspire and give you hope as you share in their victories. You do not have to feel like you’re alone in your struggle! The testimonial questions, author’s comments, scripture readings and exercises in this devotional bible study give you the opportunity for personal reflection and help you work through your issues personally or with others. It will renew and strengthen your faith, help you cope with sad feelings, and give you tools to handle conflicts. In time, you will make small changes that will lead you to a happier and more productive life. Eka Frimpong migrated from Nigeria to America in 1975 in pursuit of a better education and opportunity. She holds a Master of Art degree in Marriage and Family Therapy (MFT) from George Fox University and has over fifteen years of both clinical and spiritual counseling experience. Eka’s passion and compassion is to see hurting families healed by the power of God’s love. She has lived in both Nigeria and America. This bird-eye view of the two worlds brings an authenticity to her debut writing for young women. She is a dedicated wife, mother of three grown children and five grandchildren. Eka currently lives in Vancouver, Washington

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From reader reviews:

Jan Doyle:

The book *Mira Mira on the wall, who's the fairest of them all?* can give more knowledge and information about everything you want. Why then must we leave the great thing like a book *Mira Mira on the wall, who's the fairest of them all?*? Wide variety you have a different opinion about publication. But one aim this book can give many facts for us. It is absolutely proper. Right now, try to closer together with your book. Knowledge or data that you take for that, you may give for each other; you could share all of these. Book *Mira Mira on the wall, who's the fairest of them all?* has simple shape but the truth is know: it has great and big function for you. You can appearance the enormous world by open up and read a publication. So it is very wonderful.

Angela Heller:

This *Mira Mira on the wall, who's the fairest of them all?* are usually reliable for you who want to become a successful person, why. The reason of this *Mira Mira on the wall, who's the fairest of them all?* can be one of several great books you must have is definitely giving you more than just simple reading through food but feed anyone with information that might be will shock your prior knowledge. This book is usually handy, you can bring it everywhere you go and whenever your conditions in e-book and printed versions. Beside that this *Mira Mira on the wall, who's the fairest of them all?* forcing you to have an enormous of experience such as rich vocabulary, giving you test of critical thinking that we understand it useful in your day task. So , let's have it and luxuriate in reading.

James Pierce:

Playing with family in the park, coming to see the coastal world or hanging out with friends is thing that usually you have done when you have spare time, after that why you don't try thing that really opposite from that. A single activity that make you not experience tired but still relaxing, trilling like on roller coaster you are ride on and with addition details. Even you love *Mira Mira on the wall, who's the fairest of them all?*, you can enjoy both. It is fine combination right, you still need to miss it? What kind of hang-out type is it? Oh occur its mind hangout fellas. What? Still don't obtain it, oh come on its named reading friends.

Stacy Abercrombie:

As a university student exactly feel bored to help reading. If their teacher inquired them to go to the library or even make summary for some reserve, they are complained. Just very little students that has reading's spirit or real their hobby. They just do what the trainer want, like asked to go to the library. They go to right now there but nothing reading very seriously. Any students feel that looking at is not important, boring along with can't see colorful pics on there. Yeah, it is to be complicated. Book is very important in your case. As we know that on this period of time, many ways to get whatever you want. Likewise word says, ways to reach Chinese's country. Therefore , this *Mira Mira on the wall, who's the fairest of them all?* can make you really feel more interested to read.

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