



# Learning to Love Yourself: A Handbook for the African American Woman

*Linda Ellis Eastman*

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## **Learning to Love Yourself: A Handbook for the African American Woman** Linda Ellis Eastman

Written by twenty five African American coaches, consultants and professionals, this powerful book provides guidelines for increasing self-esteem, avoiding poisonous relationships, dealing with anger and frustration, learning to forgive, and overcoming shame. A must read for African American women who seek increased self-worth and self-acceptance.

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