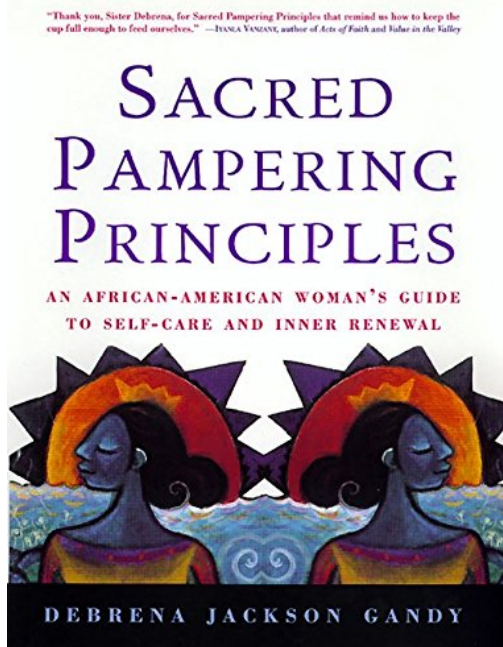


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"Thank you, Sister Debrana, for Sacred Pampering Principles that remind us how to keep the cup full enough to feed ourselves." —IYANLA YAMZANI, author of *Acts of Faith* and *Value in the Valley*

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From Library Journal

A motivational speaker, author, and founder of the Pacific Northwest African-American Women's Advance, Gandy here relates her "pampering principles." Teaching tolerance, advocating a go-with-the-flow attitude, and blending the aspects of mind, body, and spirit, Gandy believes in leaving negative fears behind. Chapters cover information on meditation, use of affirmations and journal writing, and creating meaningful rituals for spiritual improvement. Her beliefs on the causes of disease are similar to Louise Hay's. This self-help guide, which applies not just to African Americans but to all women with overcommitted lives today, will be a useful though not essential addition for most public libraries. Lisa S. Wise, Broome Cty. P.L., Binghamton, N.Y.

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From Booklist

Gandy's guide takes the Villarosa Body and Soul (1995) self-help techniques to the next level by including pampering. Gandy defines pampering as a demonstration of self-love and self-service, not as a selfish, self-serving act. The exercises for achieving her sacred principles that are scattered throughout the chapters encourage readers to work to achieve the principles rather than simply read about them. The chapters cover the SAW (strong African American women) syndrome, sacred pampering principles for the spirit and the body, overcoming guilt, the visible signs of incorporating pampering principles into one's routine, and the effects that pampering has on one's self-esteem and disposition. She strongly asserts that achieving self-love will ensure that women gain personal development, which will have a ripple effect on family and friends. This guide is written for African American women; however, the premise is so commonsensical that women and men from all walks of life will find the techniques practical and well worth exercising. Lillian Lewis

About the Author

Debrena Jackson Gandy lives in Seattle with her husband and two daughters

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