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The Black Woman's Guide to Coping with Stress

**Mindfulness & Self-Compassion
Skills to Create a Life of
Joy & Well-Being**

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CHERYL L. WOODS GISCOMBÉ, PHD, RN, is the LeVine Family Distinguished Professor at the University of North Carolina at Chapel Hill; a psychiatric nurse practitioner; and a social

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As a Black woman, do you often feel an intense pressure to do it *all*? To be a “superwoman” who never lets others down? Do you feel compelled to hide your own emotions for fear of being vulnerable or appearing weak? If so, you are not alone. Our culture tells us in many ways that Black women must be strong and unwavering for our community, family, friends, and partners. But at what cost to your personal well-being?

This book offers mindful self-awareness practices to help you prioritize self-care and create a life of joy and fulfillment. You'll identify the core beliefs that contribute to your stress—such as believing you must always be strong or put others' needs ahead of your own. Most importantly, you'll learn skills to prevent burnout and maintain balance. ***You are worth it.***

“This guide promises to illuminate how to better ourselves and liberate us all from feeling like the world is on our shoulders and is ours to fix.”

—C. Nicole Swiner, MD

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