



Introduction

This book is dedicated to all women. This is finally a book that is really just for us- and the emotional and mental things we go through.

Where do I begin? It seems like there is so much I want to address, and each subject seems equally important. I want to discuss some things with women who are ready to deal with real issues! I never had any sisters, so I am adopting all of you. OK, here goes, and in no particular order.

Why do we compare ourselves to other women? No matter what our size is, our height, weight, length of hair, age, skin type or skin color, we always compare ourselves with or against other women.

Why do we walk through the mall and look at other women and dislike them immediately? Normally because of her clothes, her size, her style or even the man that is wrapped around her waist. If we would learn to be comfortable in the skin that we are in, we could unite and conquer! So, you needed to run out quickly to your local store, you throw on some baggy jeans and a T-shirt. When you get there and you see others dressed nicely; some in heels, some in dresses and the women with their full face on, then the insecurities in you rise up against her. You had the same opportunity as she. When we step out, we need to step out correct. You should always look your best!! I know, trust me I know, we don't always feel our best, but if you must wear jeans put on some that compliment your body and a shirt that compliments you as well. If you don't feel like doing your hair, put on a nice cap and by all means some lip gloss. We are beautiful beings and we need to always represent just that. I think that as we grow up, when we are little, no one really affirmed to us how beautiful and powerful we are. So we spend a life time comparing ourselves against ourselves. We need to love ourselves! Yes, I look different than you, and you than I, but you are beautiful! You got something I need and I got something you need. Let's not be insecure anymore. If you catch your mate admiring the beauty of another, and they are not disrespecting you; they are just looking (not staring), try admiring that person with them. Trust me, it shows your confidence and strength. They have their own beauty according to their looks and so do you. Now, if they are being disrespectful to you then let them go because they do not know your value.

Luv ya sis

