

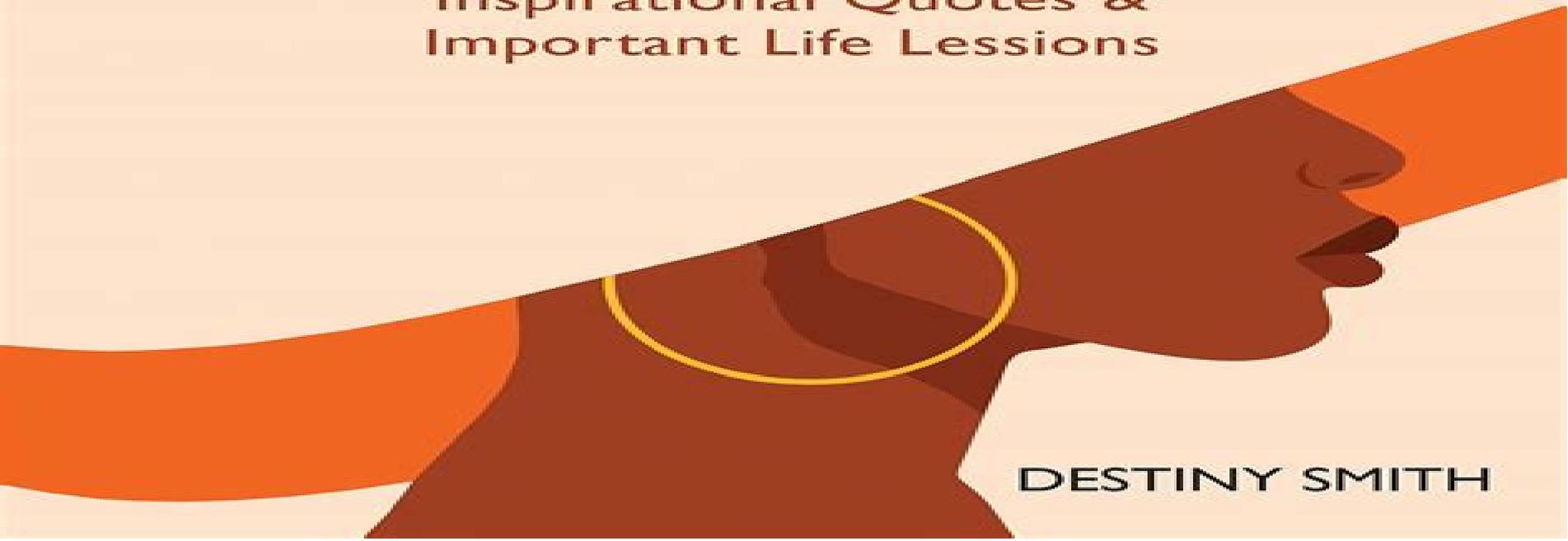
# *Self Care*

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*for*

# *Black Women*

A Black Woman's Guide to  
Boost Confidence, Attract Success  
and Overcome the Inner Critic  
with Empowering Affirmations,  
Inspirational Quotes &  
Important Life Lessons



DESTINY SMITH

# Black Self

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