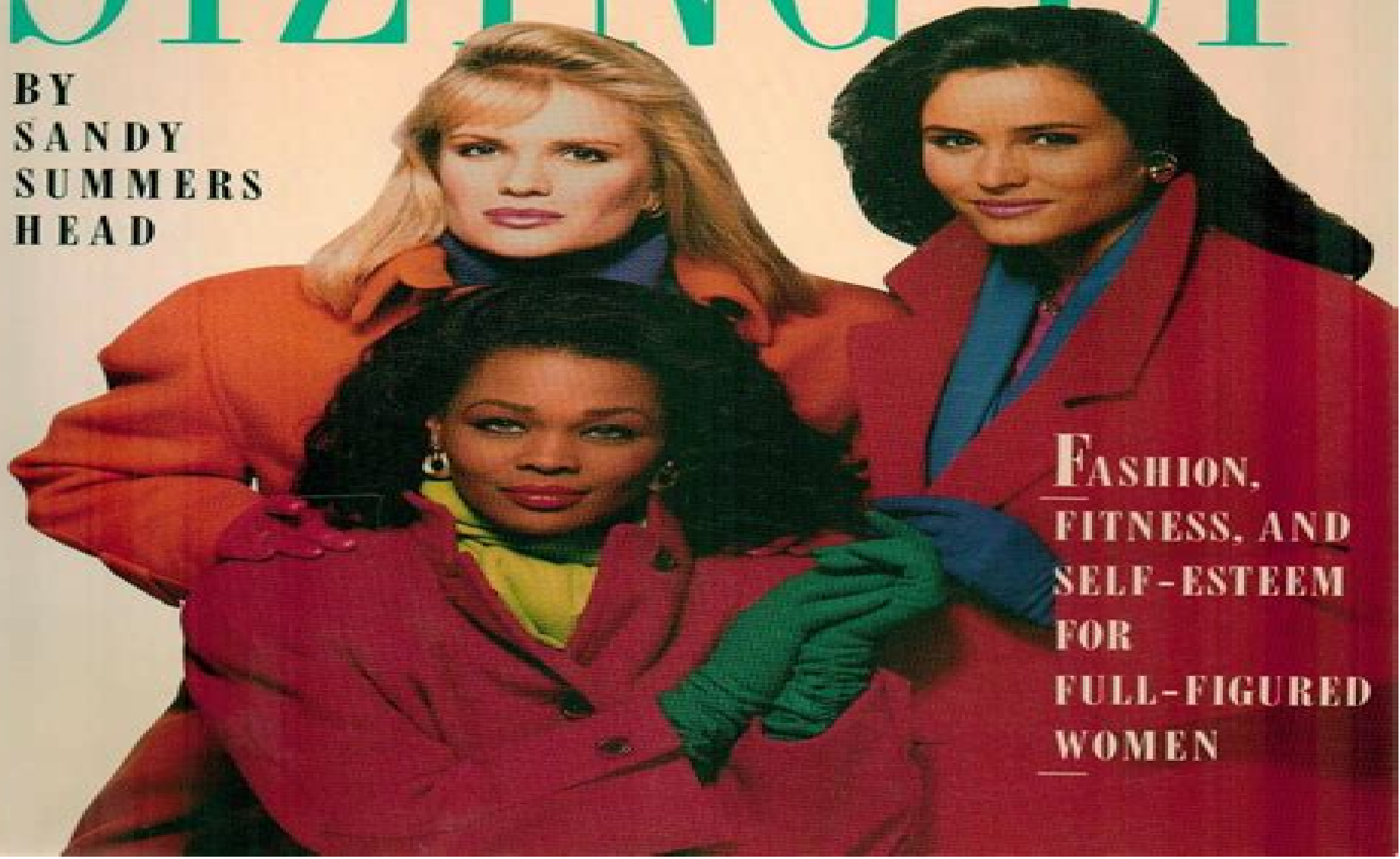


SIZING UP

BY
SANDY
SUMMERS
HEAD



FASHION,
FITNESS, AND
SELF-ESTEEM
FOR
FULL-FIGURED
WOMEN

Sizing Up Fashion Fitness And Self Esteem For Full Figured Women

Christian Drosten



Sizing Up Fashion Fitness And Self Esteem For Full Figured Women:

The Women's Concise Guide to a Healthier Heart Karen J. Carlson, Stephanie A. Eisenstat, Terra Diane Ziporyn, 1997-09-25 The 1 killer of women in this country heart disease takes the lives of half a million women every year This book brings the risks and realities of cardiovascular disease in women into focus clarifying the differences in the disease between men and women and taking a look at its causes treatment and prevention 20 illustrations 2 tables **Sizing Up** Sandy Summers Head, 1989 Fashion fitness and self esteem for full figured women **Body & Soul** Linda Villarosa, 1994 Written by black women for black women and sponsored by the National Black Women s Health Project here is an honest straight from the heart guide reminiscent of Our Bodies Ourselves that addresses the physical emotional and spiritual health issues and concerns of black women today Linda Villarosa is a senior editor at Essence magazine 175 photos and illustrations **Heart & Soul** , 1995-03 **Kliatt Young Adult Paperback Book Guide** , 1990 **Cataloging Bulletin** Hennepin County Library. Cataloging Section, 1990 *Elle* , 1994 **Work, Sister, Work** Cydney Shields, Leslie C. Shields, 1993 Over the last forty years black women have come into their own but they still have far to go In 1940 most black women who worked outside the home were domestics Today millions of dedicated black women have joined the work force Yet fewer than 3 percent have risen into the corporate ranks Why so few By the year 2000 8 5 million black women will be working outside the home What can they expect In *Work Sister Work* Cydney and Leslie Shields go deep into the problems black women confront in the workplace in order to answer these questions For them there is not just the glass ceiling of corporate politics and sexism the old boys club and the dual demands of home and office experienced by all women who seek to advance the ceiling black women run into is concrete They must bear the double burden of their sex compounded with their race And there is more according to the authors Black women have been unable to develop an adequate sense of their own worth and power to accomplish their ends Until the black woman comes to terms with these problems as well as with problems of her own making she will never get ahead *Work Sister Work* is directed to the black woman who wants to take control of her life and achieve career satisfaction The authors are writing from years of research and experience gained from conducting their workshop *Black Women Can Win* as well as their conversations with more than four thousand black women from all walks of life As a result the authors not only shed light on the significant problems of the black woman but also offer solutions *Work Sister Work* helps the reader identify her skills and strengths and discover her weaker points Checklists charts and self quizzes point the way to improvement And helpful hints tips and survival techniques show the black working woman how to get from where she is to where she wants to go More than a how to guide it is intimate and inspirational Seasoned black working women from around the country share their perspectives and advice on attaining career goals among them Xernona Clayton assistant vice president at CNN Elynor Williams vice president at Sara Lee Corporation and Clara Adams Ender one of two black female brigadier generals in the U S Army The authors message is clear As a black woman you have to be strong

but you also have to take a hard long look at your life in order to meet the challenge ahead Work Sister Work will prepare you for that challenge BOOK JACKET Title Summary field provided by Blackwell North America Inc All Rights Reserved

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