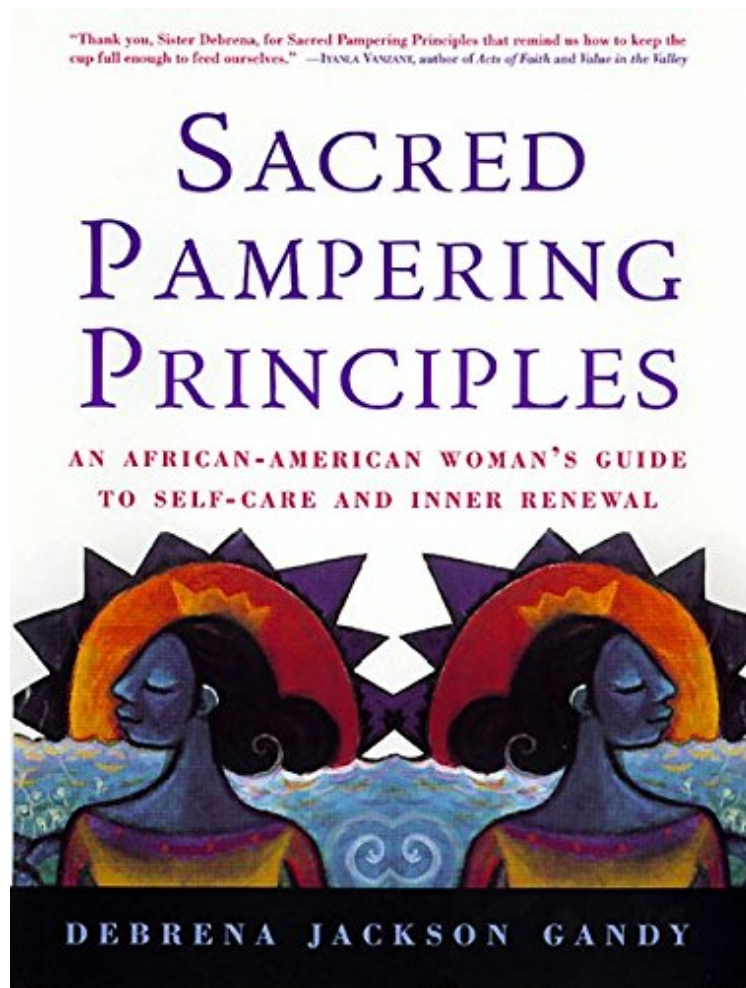


(Mobile library) Sacred Pampering Principles: An African-American Woman's Guide to Self-care and Inner Renewal

Sacred Pampering Principles: An African-American Woman's Guide to Self-care and Inner Renewal

Debrena J. Gandy

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#337698 in Books William Morrow Paperbacks 1998-09-16 1998-09-16 Original language: English PDF # 1
8.00 x .64 x 6.00l, .54 #File Name: 0688163475256 pages | File size: 20.Mb

Debrena J. Gandy : Sacred Pampering Principles: An African-American Woman's Guide to Self-care and Inner Renewal before purchasing it in order to gage whether or not it would be worth my time, and all praised Sacred Pampering Principles: An African-American Woman's Guide to Self-care and Inner Renewal:

2 of 2 people found the following review helpful. A MUST READBy PhinesselI am so grateful that I was lead to purchasing this book. It truly is a gem and I recommend this book to ALL African American women. It addressed so many issues us women face through out our lives and it opened my eyes to a lot of topics I believe we all bury sometimes. Self care and self love are things we often neglect ourselves of and this book definitely has put me on the right track to incorporate self care/love into my life more. The book was inspiring, it plays as a guide, and hard to put

down. I want to buy this book for all the females in my life. Just imagine how many women's lives would change if they included some self love in their lives once a day. A MUST read because we are all deserving. 1 of 1 people found the following review helpful. Five Stars By K MCCRAW Christmas gift for one of my best friends! Can't wait for her to read it. 0 of 0 people found the following review helpful. Five Stars By SYRAEETA HICKS just what i needed it.

Originally self-published to enormous acclaim and demand, *Sacred Pampering Principles* is a beautifully written guide with hundreds of easy and innovative ways for on-the-go women to pamper their bodies and nurture their spirits. With her holistic approach to filling your life with comfort, balance, and peace, Debrena Jackson Gandy debunks society's myth that doing something for yourself is decadent and selfish. In fact, she says, the joy we gain from treating ourselves--whether to a luxuriant bath or to a meditative hour alone--is transferred to the people in our lives. When we emerge rejuvenated, others benefit from a patient mother, a fulfilled wife, an effective coworker, a solidly grounded friend. Written for African-American women, but accessible to women of all races, *Sacred Pampering Principles* demonstrates not only pampering ideas, but also explains why pampering, for less time and money than one might imagine, is vital to a balanced life.

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. Copyright 1996 Reed Business Information, Inc. 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