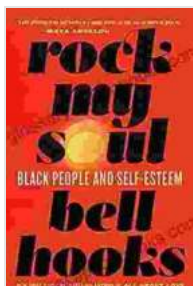


# Rock My Soul: The Ultimate Guide to Self-Esteem for Black People



**Rock My Soul: Black People and Self-Esteem** by bell hooks

★★★★☆ 4.8 out of 5

Language : English

File size : 377 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 240 pages

Hardcover : 226 pages

Item Weight : 12.7 ounces

Dimensions : 6.14 x 0.56 x 9.21 inches

X-Ray for textbooks : Enabled



## Are you ready to love yourself unconditionally?

In a world that often tells Black people that they are not good enough, it can be hard to maintain a strong sense of self-esteem. But it is possible to overcome low self-esteem and build a strong, positive sense of self. **Rock My Soul: Black People and Self-Esteem** is the ultimate guide to self-love and empowerment.

This book is filled with practical advice, inspiring stories, and powerful exercises that will help you:

- Identify the root causes of your low self-esteem
- Challenge negative thoughts and beliefs about yourself

- Develop a strong sense of self-worth
- Build healthy relationships with yourself and others
- Live a life that is full of purpose and meaning

If you are ready to love yourself unconditionally, then **Rock My Soul** is the book for you. This book will help you to build a strong, positive sense of self that will last a lifetime.

**What people are saying about Rock My Soul:**



***““This book is a must-read for anyone who has ever struggled with low self-esteem. It is filled with practical advice, inspiring stories, and powerful exercises that will help you to build a strong, positive sense of self.”***

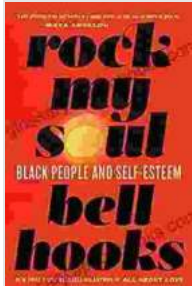
***- Dr. Joy DeGruy Leary, author of Post Traumatic Slave Syndrome”***



***““Rock My Soul is a powerful and inspiring book that will help you to overcome low self-esteem and build a strong, positive sense of self. This book is a must-read for anyone who wants to live a life of purpose and meaning.”***

***- Iyanla Vanzant, author of One Day My Soul Just Opened Up”***

**Rock My Soul: Black People and Self-Esteem** is available now at all major bookstores. Free Download your copy today and start your journey to self-love and empowerment.



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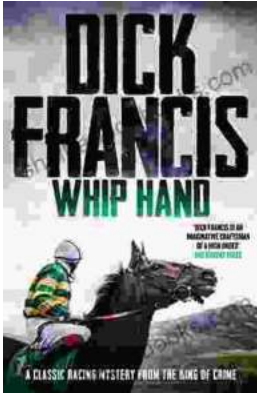
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