

REMARKABLE BOOKS OF 2003 • HOLIDAY GIFTS • KWANZAA'S SEVEN PRINCIPLES

black issues

November-December 2003

BOOK REVIEW

Thrive! 7 Strategies for Extraordinary Living

by Felicia T. Scott

Butterfly Works, August 2003

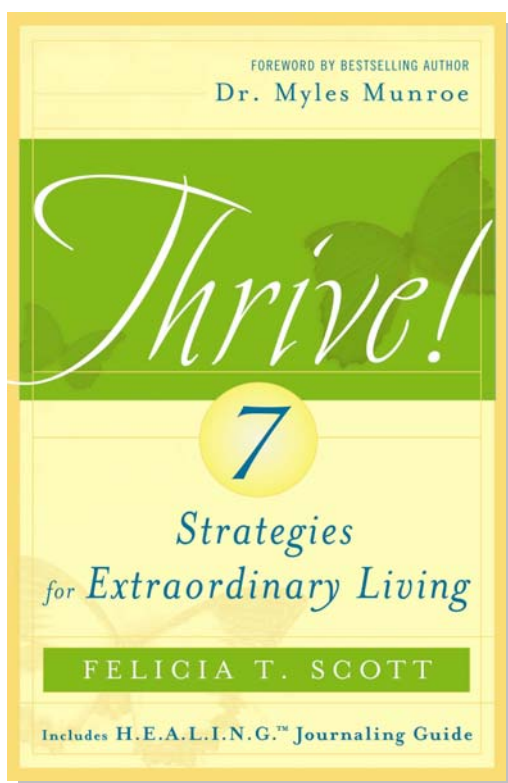
\$13.95, ISBN 0-970-48981-1

This "Encouragement Coach" offers a guide for enrichment through seven basic strategies based on the author's trademarked H.E.A.L.I.N.G. approach: Help, while you're

nurture

Living Whole

This season's self-help books present strategies for achieving beauty on the outside and all through our lives.



hurting; Enjoy life's process; Accept and anticipate change; Let go; Itemize your issues and images; Navigate your needs; and Grow with gratitude. Each chapter expands on these principles. Strategy One, for instance, encourages us to define whatever pain we are experiencing, or we will spend the rest of our lives allowing it to define us, then go on to help others. With each strategy, Scott takes on the fears and insecurities that block our personal growth and provides tools for getting past our old habits to achieve mental, emotional and spiritual wholeness.

—S.R.