

Health First!: The Black Woman s Wellness Guide (Paperback)

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Reviews

This ebook is so gripping and exciting. it was writtern very flawlessly and valuable. I found out this publication from my i and dad suggested this ebook to understand. (Leif Bernhard MD)

HEALTH FIRST I: THE BLACK WOMAN S WELLNESS GUIDE (PAPERBACK)



Smileybooks, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book. The story of Black women in America is one of triumph and grace, even with odds stacked high against them. Health First! The Black Woman s Wellness Guide provides you with a comprehensive guide to your #1 resource: yourself. Today, as Black women face an unprecedented health crisis, denial and self-neglect are no longer viable options. This groundbreaking volume is rooted in the pioneering work of the Black Women s Health Imperative, the nation s only nonprofit organization devoted to advancing the health and wellness of Black women and girls. It offers a core health philosophy--too long denied Black women--based on putting your health first. Health First! explores Black women s most critical health challenges, connecting the dots through honest discussions with experts and the uncensored stories of real women--from adolescence through elderhood. The focus is on prevention and awareness, across generations and circumstances--from candid conversations about reproductive health and HIV/AIDS to frank explorations of Black women s Top 10 Health Risks, including cancer, obesity, and violence. No matter what your age or health status, this unprecedented health reference will become a trusted ally as you seek accessible and relevant information to help you navigate your most pressing health needs. In an age of uncertainty, it s time to take control and truly discover the vitality, power, and joy that can be yours when you learn how to put your health first.

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