

"Dr. Grant heals minds and hearts."
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THE BEST
KIND OF
LOVING

A BLACK
WOMAN'S GUIDE TO
FINDING INTIMACY

DR. GWENDOLYN GOLDSBY GRANT

Best Kind Of Loving A Black Womans Guide To Finding Intimacy

Jamie Walker



Best Kind Of Loving A Black Womans Guide To Finding Intimacy:

The Best Kind of Loving Gwendolyn Goldsby Grant,1995-01 A psychologist offers a Black women s guide to healthy and supportive relationships with advice on finding a sense of self understanding attitudes toward men and drawing strength from family and friends *The Best Kind of Loving* Gwendolyn G. Grant,1996-01-05 It has often been said that if white America has a case of the sniffles Black America catches walking pneumonia When this credo is applied to relationships common problems such as inadequate communication commitment fears financial struggles and infidelity carry an even greater weight Yet with hundreds of relationship books on the market virtually none has explored the specific circumstances impacting relationships between African American men and women In *The Best Kind of Loving A Black Woman s Guide to Finding Intimacy* renowned psychologist Dr Gwendolyn Goldsby Grant addresses head on the complex challenges in African American relationships In addition to the social dynamics affecting male female communications in general as African Americans we carry the added burdens of myths and stereotypes that grow out of our real history of slavery second class citizenship and economic disenfranchisement Grant explains In writing *The Best Kind of Loving* Grant has provided an invaluable resource for Black women searching to understand the choices they make the men they love and how to make the most of their strength intelligence and wit Compulsively readable *The Best Kind of Loving* is unique in its scope and vision women of all races and backgrounds will laugh sympathize and nod their heads in recognition as they read about others not unlike themselves Giving both pragmatic and realistic advice Grant serves both as an advisor and confidant she knows which situations may not work out but also gives women ways to make the best of less than ideal circumstances *Love, Intimacy, and the African American Couple* Katherine M. Helm,Jon Carlson,2013 *Love Intimacy and the African American Couple* lays out specific strategies that clinicians can use in their work with black couples regardless of the clinician s own race or level of experience *Ebony* ,1995-07 EBONY is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest global circulation of any African American focused magazine *God of Our Single Years* Kevin Morgan,2005-03-16 Christian singles face many challenges that threaten our peace of mind African American Christian singles must confront these and additional obstacles that arise solely because of our heritage and racial background Compounding these challenges many of us make decisions involving our spirituality our platonic family professional and romantic relationships that potentially introduce devastating long term problems into our lives Additionally many of the choices we make regarding our sexuality harms our relationships destroys our communities and blocks the blessings that God has for us This book seeks to clearly identify what is unique about the African American Christian single experience and to point out the role that Gods purpose plays in defining who we are Secondly this book proposes concrete and practical steps we can take to transform our singleness into blessedness **Ebony** ,1995-02 EBONY is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest global circulation of any African

American focused magazine **Just My Soul Responding** Brian Ward, 2012-10-12 Brian Ward is Lecturer in American History at the University of Newcastle upon Tyne This book is intended for American studies American history postwar social and cultural history political history Black history Race and Ethnic studies and Cultural studies together with the general trade music **Ebony**, 1995-07 EBONY is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest global circulation of any African American focused magazine 101 Ways Black Women Can Learn to Love Themselves Jamie Walker, 2002 Heart and Soul magazine 101 Ways is like talking to your sister when she's got all the right answers Black Issues Book Review An ambitious guide to personal growth and fulfillment through the practice of loving one's self Walker touches upon topics as diverse as respecting your elders and loving your hair devoting each chapter to a single principle Walker often seems to be thinking out loud as if she's writing a journal entry or letter to a close friend The very completion of this 101 chapter volume is no small feat and should serve as an inspiration to aspiring writers Midwest Book Review An impressively practical self help guide written especially to aid black women to get in touch with their spiritual side experience a zest for life and achieve a personal liberation Walker articulately and persuasively takes the position that true healing does not come overnight but rather it gradually evolves over time once we learn not to look outward for validation and approval and only when we embrace the love of God 101 Ways Black Women Can Learn To Love Themselves is definitely recommended as being an unusually powerful emotionally charged and uplifting personal improvement and self help guide Kanika A Wade The Rawsistaz Book Reviewers As a black woman on her own personal journey I found this book to be powerful very emotional and moving to read I felt that the author at times was speaking directly to me providing the encouragement and strength that I need as I move forward into new horizons Jamie Walker offers a book that with an open heart many can and will find healing As a young black woman I am thankful that Ms Walker heeded the call and wrote a book that all black women regardless of age should read Venus Noble Jamie Walker is insightful and wise way beyond her years A page turner would not describe the inability to put this book down There is wit and humor in every single passage No Black woman's bookshelf should be without this manual of self worth and respect Though apparently geared toward Black women it is useful for any woman who will open her mind to learning about herself and growing Social Worker Activist Oakland California Joy Parham Assistant to the Librarian UC Merced I believe this is a necessary and encouraging message Jamie is sending out to Black women especially our young Black women Most of us didn't tap into our inner selves until we had experienced numerous trials and tribulations in life We didn't see the value in the valley This is definitely a book I will add to my collection Esther Cooper Jackson co founder of Freedomways magazine An excellent resource Columbus Metropolitan Main Library representing ten branches A Must Read BOOK SUMMARY Self love is the only kind of love that can every truly heal and rescue us causing us to be more open in all of our other relationships activities and endeavors 101 Ways Black Women Can Learn to Love Themselves this book is about self actualization the

power of sisterhood the healing power of sharing our own stories and the beauty of *The Twist* James E. Causey, 2011-09-12 Travon Brown lives the life most 28 year olds can only dream He s charismatic established in his career and popular with the ladies At a bachelor party for his frat brother Travon meets Angel a curvaceous dancer who appears to be a novice in the hardcore world of seduction When the two talk about their lives they realize that they have a lot more in common than just physical attraction They share an explosive moment that leaves them both wanting more But when Travon gets into a scuffle with Angel s boss it sets off a chain reaction that leads to an all out war between two headstrong strip club owners It isn t until later that Travon realizes the consequences of his one night stand Will the war between the others extinguish their chances or will the heat of their affair be enough to rekindle the fire *Today's Black Woman* ,2002 The Publishers Weekly ,2001 **RAW, Real African World** ,1995-05 *Ebony* ,1995-05 Hotbeds Pia Thielmann,2004 Inter racial relationships may be complicated by social attitudes and mind sets born in colonialism slavery or more modern invidious European or African racism or they may be challenged by differing expectations of cultural norms Drawing on theories of black American cultural criticism African nationalism and gender analysis the critic Pia Thielmann analyses a range of novels from three continents which in different ways thematise the personal cultural and social aspects of relationships and which in a manner of respect are deemed to be crossing social boundaries **Applause! for Cincinnati's Black Lifestyle** ,1996-02 **Women's Issues** ,1997 *Black Diaspora* ,1996-03 Upscale ,1996-06 **Women's Issues: Psy-You. Indexes** ,1997

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