



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

Debrena J. Gandy

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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.

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