

Love My Mocha Skin: A Journey of Self-Love and Acceptance



I Love My Mocha Skin by Molly Coxe

★★★★★ 5 out of 5

Language : English
File size : 21283 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 35 pages



In a world that often tells us that our skin is not good enough, that our hair is too kinky, and that our bodies are not the right shape or size, it can be difficult to love ourselves fully. But as women of color, we know that our mocha skin is beautiful, our hair is powerful, and our bodies are capable of amazing things.

Love My Mocha Skin is a book that will help you on your journey to self-love and acceptance. Through personal stories, expert insights, and practical exercises, this book will guide you on a path to embracing your unique beauty and worthiness.

In this book, you will learn about:

- The history of beauty standards and how they have been used to oppress women of color

- The impact of media and pop culture on our self-image
- The importance of self-care and self-compassion
- How to challenge negative thoughts and beliefs about yourself
- How to build a strong support system of people who love and accept you for who you are

Love My Mocha Skin is a must-read for any woman of color who is struggling to love herself. This book will help you to see yourself in a new light and to embrace the beauty that you already possess.

Praise for *Love My Mocha Skin*

"*Love My Mocha Skin* is a powerful and inspiring book that will help women of color to love themselves more fully. This book is a must-read for anyone who is struggling to accept their own beauty." - **Dr. Joy DeGruy, author of *Post Traumatic Slave Syndrome***

"*Love My Mocha Skin* is a book that every woman of color needs to read. This book is full of wisdom, insight, and practical advice that will help you on your journey to self-love and acceptance." - **Michelle Obama, former First Lady of the United States**

"*Love My Mocha Skin* is a game-changer for women of color. This book will help you to see yourself in a new light and to embrace the beauty that you already possess." - **Oprah Winfrey, media mogul and philanthropist**

About the Author

Dr. Thema Bryant-Davis is a licensed psychologist, author, and speaker who specializes in helping women of color to overcome the challenges they

face in life. She is the author of several books, including *Love My Mocha Skin*, *The Mocha Manual to Love*, and *Thriving in the Wake of Trauma*. Dr. Bryant-Davis is a passionate advocate for women of color and has dedicated her life to helping them to live their best lives.

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Love My Mocha Skin is available now in hardcover, paperback, and ebook. Free Download your copy today and start your journey to self-love and acceptance.

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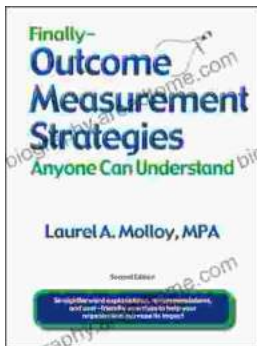
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