



# **You Deserve Healthy Love, Sis!:** The Seven Steps to Getting the Relationship You Want

*Grace Cornish Ph.D.*

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In her previous books, the national bestsellers **10 Bad Choices That Ruin Black Women's Lives** and **10 Good Choices That Empower Black Women's Lives**, celebrated television personality, motivational speaker, and author Dr. Grace Cornish showed African-American women how to kick unhealthy habits, make positive decisions, and transform themselves into self-assured sisters. Now, in **You Deserve Healthy Love, Sis!**, Dr. Grace goes the extra mile and gives Black women a simple, workable plan to help them find their true soul mate and cultivate a healthy love, from dating to mating—and beyond.

Once again, armed with her trademark “tell it like it is” spunk and her inspiring, on-target advice for women of color, Dr. Grace offers a practical yet empowering seven-step prescription for rich, honest love that will withstand life's challenges and land a woman at the altar next to her ideal spiritual, emotional, mental, and physical man. From “Check Your Signals Before You Wreck Your Choices” to “Don't Be Fooled—Read Him Well and Remove the Mask,” Dr. Grace provides her readers with plenty of insightful tips on how to date with the utmost confidence and avoid the nasty pitfalls that can sink even the strongest relationships.

In the tradition of Dr. Grace's other spirited, smart self-help books, **You Deserve Healthy Love, Sis!** is also packed with heartfelt letters from Black women across the country who want to stop settling for Mr. Wrong and inspiring stories from sisters who have followed these steps and made long-lasting commitments to their soul mates. Poignant, honest, and filled to the brim with priceless wisdom, this book is a must-have for women who are looking to cultivate the healthy love they've always dreamed of.

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