



Black Girls Guide: How to Lose Weight Fast & Forever

Angela D. Coleman

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It is no secret that Black females are disproportionately obese and overweight. But we don't have to be a statistic. Many of us want to lose weight but don't know how. With all the available information about weight loss, the weight loss journey can be overwhelming. This book is not a gimmick or a fad and the tips within it are designed to aid the reader in their weight loss goals, not just for a season, but for life.

Unlike information that might focus exclusively on weight loss tactics, *Black Girls Guide: How to Lose Weight Fast & Forever* will provide guidelines to help you lose weight physically, but will also help you get ready to make changes in your life, adapt to your progress, and maintain your healthy lifestyle. Simple, straight-forward with specific recommendations regarding detoxification and cleansing, food intake, drink suggestions, and working out, it will empower anyone inspired to shed pounds quickly in a manner that can be easily integrated into most people's lives.

With inspiration, information, and clear how-to steps, the author Angela D. Coleman was a Jr. Olympics champion, collegiate athlete, and nutrition advisor for college students. While no stranger to the challenges of maintaining a healthy weight throughout her adult life, she has successfully maintained her weight for over 20 years. She perfected her holistic approach to lose and maintain weight after childbirth. Angela created and implements the SHE: Sisters, Healthy & Empowered program for her global female empowerment organization, Sisterhood Agenda.

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