

Dear Beautiful! A Self-Empowerment Book for Black Women
by Gail L. Thompson, Ph.D.
Available on Amazon.com; Price \$15

From childhood onward, Black women are assaulted with negative messages about their appearance, personalities, behavior, and self-worth. *Dear Beautiful!* provides empowering journaling exercises, Art Therapy, Daily Affirmations, life lessons, stories, and strategies to enable them to develop a “Roadmap to Success,” so that they can live their best lives.

Dr. Gail L. Thompson, a critically-acclaimed and award-nominated author, Equity and Professional Development Expert, motivational speaker, and former Endowed Professor, seeks to empower others through her work. *Dear Beautiful!* is the first book in her new empowerment series.



What Experts are Saying About *Dear Beautiful!*

“Right on target! Ladies, we too need to be reassured that our black is indeed beautiful! Dear Beautiful does exactly that. Dr. Gail’s stories are our stories and her strategies will reaffirm our beauty, strength, and relevance! Dear Beautiful is much needed in our culture.” **Leontye L. Lewis, Ed. D.**

“Enlightening, empowering, instructive and timely! Dr. Thompson not only brings to the forefront the many struggles Black women face in finding their own beauty, she also provides useful tools that walk them through the journey. A great gift to all Black women, but especially our younger dear beautiful sisters.”

Marilyn Plunkett Quail: Attorney at Law

“Dear Beautiful encourages positive affirmations of our true selves. Dr. Thompson provides tools to help you peel away layers of hurt and pain from outside influences that manifest into negative self-images and replace them with positive self-confirmations. Her reflective questions, daily affirmations, and personal testimonies will leave you feeling empowered and appreciative of the gifts, talents, and the image in which God wonderfully made you. Whether addressing new hurts or repairing old ones, this is a wonderful gift to the young and mature alike to reflect, heal, and restore.”

Gina M. Newton, Ph.D. Adjunct Professor University of Redlands

“A talented writer and prolific researcher, Dr. Gail Thompson speaks to African American women in search of their true identities.... Drawing from research that elucidates the mental and emotional benefits of journaling, Gail takes the reader on a voyage of self-examination that is both cathartic and empowering. Dear Beautiful! is a

‘must read’ for women, especially African American women, who have allowed the media and cultural mores to define them.”

M. Jean Peacock, Ph.D. Professor of Psychology, Emeritus

“Gail’s advice and the stories she shares reminds us all that we are all HUMAN and that we need to look beyond the mirror.”

Nicole Moshiri, Ph.D. Elementary School Assistant Principal

“Dear Beautiful is providing a road map for the Black Woman to be empowered. We are all in for an awakening. Dr. Thompson has challenged us to wake up, and embrace our inner and outer beauty.”

Talisa A. Sullivan, Ph.D. Lead Consultant, Transformational Leadership Consulting “TLC” Services, Inc.

“Dear Beautiful’s essence provides valuable lessons on beauty, empowerment, and positive affirmations, and how to apply them in our daily lives.... We need this book, as it serves as a daily refresher of encouragement for all of us to look at ourselves, inwardly and outwardly, and serves to strengthen our souls. Simply inspirational!”

Dr. Angela Louque, Professor & Chair, Educational Leadership and Technology

“Dr. Thompson’s relatable personal stories make the book read like a warm and loving conversation with a dear friend. Dear Beautiful! is a much-needed contribution to Black American culture that should be shared with our friends, our mothers, our sisters, and especially our daughters.”

TreaAndrea M. Russworm, Ph.D. Author & Associate Professor, UMass Amherst Department of English

“In Dear Beautiful, Dr. Thompson goes behind the veil and invites readers to remove the masks that have long covered the scars of hurt and isolation that so many have experienced. This resource is directive, empowering and uplifting....”

Tiffany S. Powell, Ph.D. Renessalear Polytechnic Institute

Additional Books by Dr. Thompson

*A Brighter Day: How Parents Can Help African American Youth

*The Power of One: How You Can Help or Harm African American Students

*Up Where We Belong: Helping African American and Latino Students Rise in School and in Life

*African American Teens Discuss Their Schooling Experiences

*What African American Parents Want Educators to Know

*Through Ebony Eyes: What Teachers Need to Know but are Afraid to Ask About African American Students

*Yes, You Can! Advice for Teachers Who Want a Great Start and a Great Finish with Their Students of Color (co-authored with Mr. Rufus Thompson)

*Exposing the Culture of Arrogance in the Academy: A Blueprint for Increasing Black Faculty Satisfaction (co-authored with Dr. Angela Louque)

*Reaching the Mountaintop of the Academy: Personal Narratives, Advice and Strategies from Black Distinguished and Endowed Professors (co-edited with Dr. Chance Lewis and Dr. Fred Bonner II).

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