



Seven Soulful Secrets for Finding Your Purpose and Minding Your Mission

Stephanie Stokes Oliver

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From the author of *Daily Cornbread*, *Seven Soulful Secrets* will motivate women to become not just better than they are but the *best* they can be.

In a tone that is as encouraging and comforting as your favorite quilt, veteran journalist and NiaOnline editor in chief Stephanie Stokes Oliver shows women of all ages how to get the most out of life by finding their purpose and minding their mission. In seven wonderfully crafted chapters, Stokes Oliver reveals her soulful secrets in a simple but potent acronym that spells PURPOSE.

Purpose: plan, persevere, and follow your own personal mission

Ultimacy: release your best, “ultimate” self

Relaxation: reduce stress and incorporate daily self-care into your routine

Positivity: claim the joy in your life and celebrate yourself

Optimum health: make the commitment to self-improvement, health, and fitness

Spirituality: develop and maintain a connection to God/Spirit

Esteem: boost your self-esteem and create healthy relationships

At once a practical how-to book and a spiritual guide, *Seven Soulful Secrets* speaks directly to the African American women who embraced *Daily Cornbread* and to *all* women eager to live a life that is authentic, vibrant, and fulfilling.

From the Hardcover edition.

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