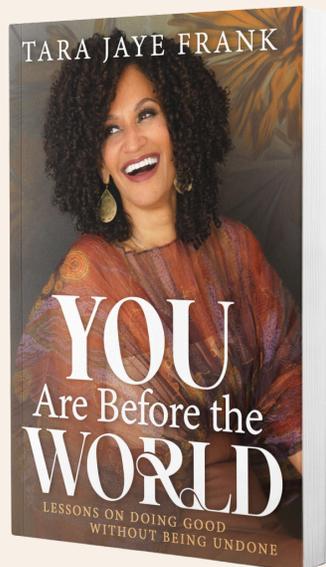


YOU Are Before the WORLD



Tara Jaye Frank

PART I

YOU: Be Still and Know

CHAPTER 1

HOW DO WE STEADY THIS VESSEL?

- *Inclusion Uncomplicated*, Dr. Nika White
- *Sisterhood Heals*, Dr. Joy Harden Bradford
- *Rest Is Resistance*, Tricia Hersey

CHAPTER 2

IT'S TIME TO LOOK DEEPER

- *The Waymakers*, Tara Jaye Frank
- *The Hate U Give*, Angie Thomas
- *Ener-ki*, Reiki master and shaman, www.ener-ki.com

Acceptance: Ninety-Two: *The Silent Revolt No One Saw Coming*, documentary by Dr. Jade Singleton

PART II

ARE: Take Care of Yourself First

CHAPTER 3

HOW DO I CHOOSE MYSELF?

- “Goodness of God,” CeCe Winans
- *Testimony: Vol. 1* (2006), India.Arie
- *The Shack*, William P. Young

CHAPTER 4

SAY GOODBYE TO SELF-SABOTAGE

- *The Seven Spiritual Laws of Success*, Deepak Chopra
- *Unlearning Silence*, Elaine Lin Hering
- EMDR Therapy, emdria.org

CHAPTER 5

RESTORATION

- *The Value in the Valley*, Iyanla Vanzant
- *Testimony: Vol. 2* (2009), India.Arie
- *Power Moves*, Sarah Jakes Roberts

CHAPTER 6

GETTING FREE

- *In Search of Our Mothers' Gardens*, Alice Walker
- *Drama Free*, Nedra Glover Tawwab
- *We've Got This*, Ritu Bhasin

Comfort: www.alexisgiftquilts.com

PART III

BEFORE: Clear a Path for Others to Follow

CHAPTER 7

EMERGING

- *Things I Should Have Told My Daughter*, Pearl Cleage
- *Build the Damn Thing*, Kathryn Finney
- *I Came to Slay*, Elizabeth Leiba

CHAPTER 8

GROWING UP

- *It's About Time*, Valorie Burton
- *Set Boundaries, Find Peace*, Nedra Glover Tawwab
- *Speak*, Tunde Oyeneyin

Community: www.therapyforblackgirls.com

PART IV

THE WORLD: People Are More Important Than Systems

CHAPTER 9

LEADING THROUGH THE WILDERNESS

- *The Color of Emotional Intelligence*, Farah Harris
- *All About Love*, bell hooks
- *The First, The Few, The Only*, Deepa Purushothaman

CHAPTER 10

YOU HAVE TO START WITH THE HEART

- *Matters of the Heart*, Dr. Thema Bryant
- *The Universal Christ*, Richard Rohr
- *Talk to Me Nice*, Minda Harts

CONCLUSION

LEARNING TO BELIEVE AGAIN

- *Wake Up America*, by Keisha N. Blain
- *Maya Angelou: The Poetry of Living*, Margaret Courtney-Clarke
- *Black Liturgies*, Cole Arthur Riley

Courage: www.thelovelandfoundation.org