



Choosing Health and Wellness: The Nia Guide for Black Women

Sheryl Huggins, Cheryl Mayberry McKissack

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The third title in the Nia Guide series is a positive and practical guide to making the right choices in order to foster wellness in every aspect of life, from health and fitness to nutrition to psychic and emotional well-being. It's full of insightful perspectives on the daily challenges black women face when it comes to taking care of themselves—at home or at work, in their families, relationships, and office environments. As with every Nia Guide, it offers a plethora of helpful tips, practical suggestions, useful insights, and personal stories from other successful black women, developed with the editors and contributors to NiaOnline.com

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