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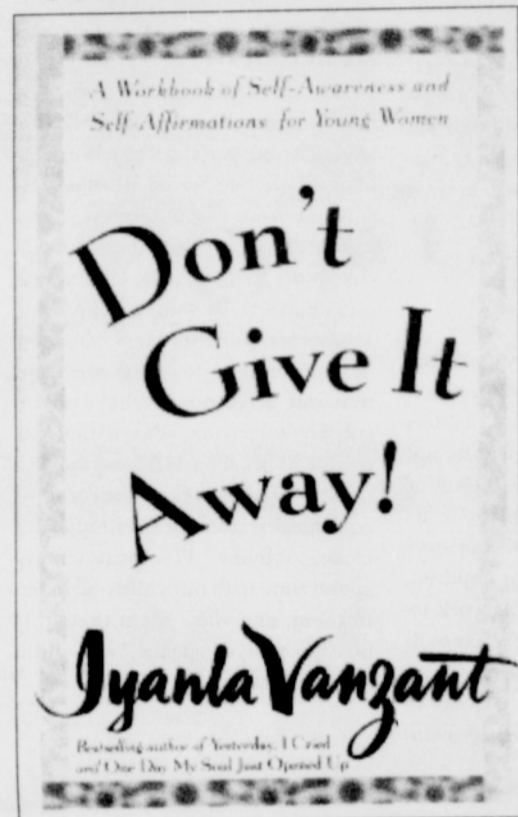
Don't Give It Away!

Simon & Schuster; 1999
BY IYANLA VANZANT

Today, Iyanla Vanzant is a bestselling author with her own business and a loving family. But it wasn't so long ago that she was a teenager - a

sixteen-year-old mother and high school dropout on welfare. Iyanla knows that a young women's journey can be lonely and hard. She remembers how difficult it is to put into words the way you feel, how it feels to want to be loved.

In *Don't Give It Away!*, Iyanla presents a workbook in which you can write your feelings and express your thoughts about the things that matter to you - your family, your friends, your body, and your love life. Problems at home and at school are a natural part of every young woman's life, but understanding what to do with how you feel about your problems is the key to growing up. Iyanla Vanzant shows you that the love you seek is the love that you are.



The Life You Were Born To Live

H.J. Kramer; 1993
BY DAN MILLMAN

THE LIFE YOU WERE BORN TO LIVE

A GUIDE TO FINDING YOUR LIFE PURPOSE

DAN MILLMAN
Author of *Way of the Peaceful Warrior*

Best-selling author Dan Millman presents the Life-Purpose System, a modern method based on ancient wisdom that has helped hundreds of thousands to find new meaning, purpose, and direction.

The Life You Were Born to Live describes:

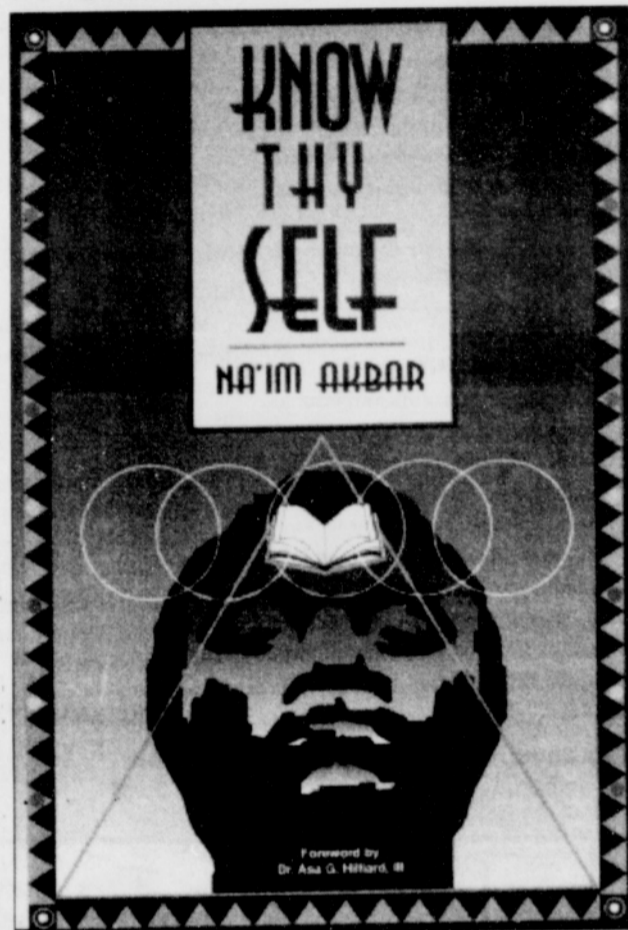
- The thirty-seven paths of life;
- A precise method to determine your own life path and the life paths of others;
- The core issues, inborn talents, and special needs related to each path, including areas of health, money, and sexuality;
- Guidelines for finding a livelihood consistent with your innate drives and abilities;
- The hidden purpose of your relationships;
- How to live in harmony with the cycles of your life;
- Key spiritual laws to help you understand your past, clarify your present, and empower your future.

Know Thy Self

Mind Productions & Associates, Inc.; 1998
BY NA'IM AKBAR

An excerpt: Consciousness (literally translates to mean with knowledge or knowing with others) is the internal manifestation of knowledge. Awareness is the distinguishing quality that differentiates between human life that is functional and life that is dysfunctional. As a people's shared knowledge is the criteria for assessing their level of civilization, personal awareness is the way by which we determine individual functioning. There is no wonder that the Ancient African people taught the world (and later transmitted by the Greek and Roman students of Africa) that the ultimate instruction for human growth and transformation was: "Man know thyself." To be conscious was to be alive and to be human. The greater the consciousness the higher was the expression of one's humanity. Human beings in their highest points of development (e.g., Egypt or Kemet; Mayyans, etc.) were most noteworthy for their devotion to the development of consciousness. These societies were distinguished by their commitment to developing images and structures that cultivated the human consciousness. Such societies were also famous for the devotion of large groups of people to the process of consciousness development for the benefit of the entire society. We are told that in the peak of Kemetic civilization there were actually more than 80,000 students who were studying the system of consciousness development at *Ipet Isut* (called by the later interpreters, The Temple of Karnak.) There is reason to believe that these ancient temples and all of their embellishment were developed for the express purpose of cultivating human consciousness. Even the pyramids and the mighty Sphinx were obviously more than pagan idols and Temples. It took great levels of skill to

construct these mighty structures. The failure of contemporary efforts to duplicate these building feats suggests that these were examples of a higher form of science than current science and not just the clumsy efforts of a "primitive and pagan people," as some have claimed.



ARIES

March 21-April 20

Swift thinking will help you meet any opposition you encounter in the workplace during the week. Any independent research you begin will be rewarding in the long run. You may be feeling a bit depressed due to minor tensions at home - work things out now.

TAURUS

April 21-May 21

Discuss any ideas for progress and greater satisfaction in your career with someone whose advice you trust. There is an opportunity at a distance which may be worth considering. Make an effort to stay in contact with a few old friends with whom you've shared much.

GEMINI

May 22-June 21

There is a job opportunity which you had previously looked into which may materialize into an offer this week. It's time to make the decision, and now you have a bit more leverage. A new romance will lift your spirits and get you to start thinking about forever.

CANCER

June 22-July 23

Use your knowledge for the benefit of friends and family members. If you are well prepared, the results will be obvious. Don't let jealousy and possessiveness undermine your primary love relationship. Situations this week will strengthen ties with a lover.

LEO

July 24-August 23

A cycle of self-improvement will be-

gin this week. Your mind is incredibly active and your powers of concentration are great. Make the extra effort to spend a little more time with a loved one. Luck seems to be with you and a major accomplishment will be rewarded.

VIRGO

August 24-September 23

Tell your lover exactly what's on your mind, for the deep feelings you have need to be shared. Your production level at work is high and your skills will be highlighted. Friends will play an important role in your everyday life for the next several weeks.

LIBRA

September 24-October 23

Luck seems to be with you all week, so take advantage of it and play your hunches. Plan your next several days and try to stay on schedule in order to be as efficient as possible. Romance with your partner will be more than delightful. Relax and recoup in the evening.

SCORPIO

October 24-November 23

It will be easy to express your thoughts and feelings this week. Since you get along with just about everyone, use this to your advantage. Be careful about any spending you will be doing - resist any impulses to buy the first thing you see, do some comparison shopping.

SAGITTARIUS

November 23-December 21

You naturally have great insight and practical ideas and it's time to put these pluses to good use, especially in the workplace. Pay attention to details,

watch and learn from others. Any knowledge you acquire will benefit you greatly in the very near future.

CAPRICORN

December 22-January 20

A talk with your significant other will be very productive this week. There seems to be great rapport between the young and the old, cooperation abounds. It's time to assert yourself and air your own ideas. Luck comes your way if you are willing to take a chance.

AQUARIUS

January 21-February 19

Play your hunches - it looks like you might be in the right place at the right time. Talk over any career plans with someone you consider a mentor. Any pressure in the workplace will be alleviated with cheerful perseverance. Save time for a good friend.

PISCES

February 20-March 20

Family and travel are highlighted this week. It's an especially good time to get in touch with friends, even those who live far away. You may need to spend extra time at work which was not planned in order to finish what you had started. Balance work and home.

IF THIS WEEK IS YOUR BIRTHDAY

You are at your best when involved in an emotionally satisfying relationship, due to your sense of romance and physical need for close contact. You have the intrinsic ability to identify with others and you shine when sharing your compassion.