

Teachings by the Chinese Goddess of Love

By CAROL SIMONE
HAYDEN BOOKS; 2001

What does a tiny, blonde bombshell from a chic, upper class Manhattan family have in common with a woman lying in a garbage bag in front of Tiffanys And why would an Orange County policeman wear a necklace with a tiny icon of Quan Yin under his bulletproof vest?

The answers are found in a first

novel by Carol Simone, "The Goddess of 5th Avenue."

Just like her main character, Billie Bartholomew, author Carol Simone began life with a silver spoon in her mouth and, just like Billie, one foot on a banana peel. Her childhood passed quickly and she grew up, as she says, with "a restless coyote mind that couldn't be stilled", and an abusive father who was so brutal

that she eventually found herself, like Billie, a successful urban professional unable to "connect" and find a trusting, loving relationship. Until, that is, she was introduced to Quan Yin, the mystical Goddess of love and compassion, protector of all women, whose influence is slowly being accepted into mainstream American culture after inspiring millions in Asia for centuries.

Developing Your Wellness Plan

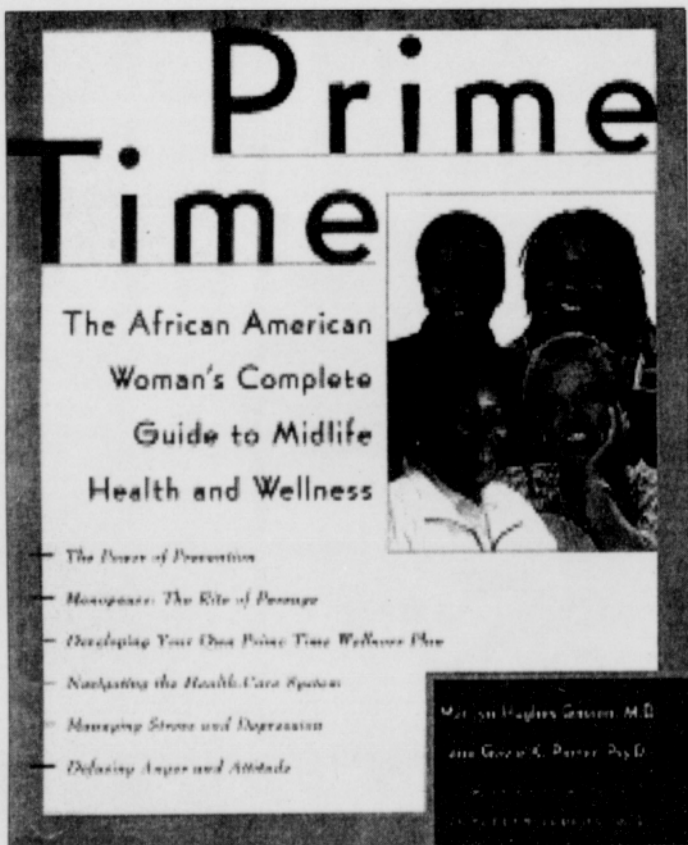
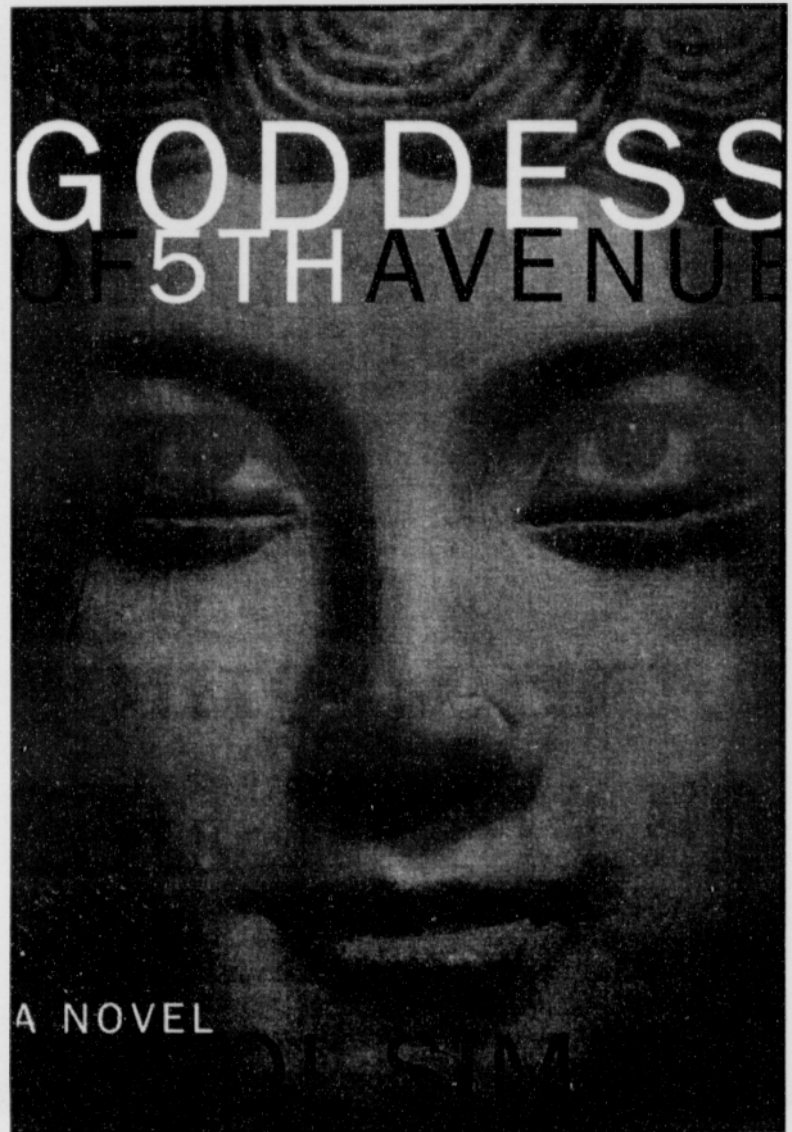
By MARILYN HUGHES GASTON, M.D.
AND GAYLE K. PORTER, PSY.D.
THE BALLANTINE PUBLISHING
BOOK; 2001

If "Women's Bodies, Women's Wisdom" had been written specifically for middle-aged Black women and their particular mind-body health issues, it would be "Prime Time: The African American Woman's Complete Guide to Midlife Health and Wellness".

This practical, psychological, and medical handbook

shows how midlife African American women can take charge of their own lives. Marilyn Hughes Gaston, M.S., and Gayle K. Porter, Psy.D., have pooled their expert knowledge - and that of hundreds of women who participated in their focus groups and workshops - to provide the first health book dedicated to the seven million African American women at midlife. Never before has a book so completely pro-

vided support, encouragement, self-tests, and up-to-date health information to empower African American women ages 40-70 to put their own health first.



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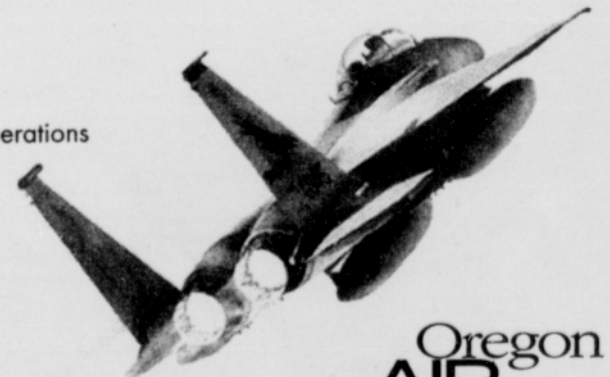
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