



Balancing Work and Life: The Nia Guide for Black Women

Sheryl Huggins, Cheryl Mayberry McKissack

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Second in a series of empowerment guides from NiaOnline.com, the web's leading community site for black women. It's a frank and personal guide to handling the complexities, conflicts, and challenges of being a successful black working woman today, from balancing work and personal lives, dealing with race- and gender-related issues in the office, seeking out the most fulfilling work, and finding the composure, peace, and strength necessary to fight (and win!) the corporate wars. Full of insightful perspectives on the realities of black women's working lives, helpful tips and suggestions, and personal stories from other successful black women.

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