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A CONCEPTUAL FRAMEWORK FOR BLACK WOMEN'S INNER PEACE

BALANCE

OPTIMISM

Education - Cooper

Religion - Roundtree

INNER PEACE

#BlackWomensInnerPeace #HealingHistory

SELF-LOVE

SELF-CARE

Music - Anderson

Health - Delanys

Balance, Optimism, Self-Love, & Self-Care: #BOSS

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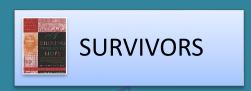
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"My Cup Runneth Over."
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Balance,
Optimism,
Self-Love,
& Self-Care

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Legacies of Black Women's Wellness