RESILIENT

NO.1 FOR BARRIER BREAKER NEWS

Kandis Ramsey

EMBRACING HER TRUE IDENTITY AND LIVING RESILIENTLY BEYOND THE TITLE OF ENTREPRENEUR, WIFE, STYLIST, AND FIRST LADY.

Domestic Violence

KAREN ALSTON SPEAKS TO FEELING "MORE CURSED THAN BLESSED"

A Survivor's Story

RESILIENTLY DEFEATING BREAST CANCER

$15.00
ISBN 978-05-09-19810-1
51500>
9 780509 198101

ISSUE#5| VOL.2 | OCTOBER 2021

MOON
LIGHT
PATH
SHEA & VITAMIN E
shower gel
Bath & Body Works
10 FL OZ / 295 mL
FRENCH
LAVENDER
& HONEY
SHEA & VITAMIN E
shower gel
Bath & Body Works
10 FL OZ / 295 mL

RESILIENT MAGAZINE

contents

OCTOBER 2021

07

SIT DOWN SISTA

Chew & Chat With J. Dianne Tribble

15

I SHALL SPEAK FOR HER

Resiliently Speaking with Karen Alston

19

RESILIENTLY LIVING

Living life resiliently with entrepreneur Kandis Ramsey

35

THE ULTIMATE DOPE LIST

Top Listings of female musicians, podcasters, and authors

40

RESILIENT THINKING WITH VICTORIA BAYLOR

Understanding your brilliance through the eyes of Mindset Coach Victoria Baylor

45

CREDIT MATTERS WITH TONICE COOPER

How to protect yourself from identity theft.

48

KNOWLEDGE IS DUNAMIS

Wellness and ready with April Mixon Jones

53

FIT WITH TASHA

Become resiliently fit with certified trainer Tasha DeVoe

Our Staff.

Editor in Chief Teia Acker-Moore

Deputy Editor Terence Eduarte

Managing Editor Stephanie Penn

Executive Art Director Ashley Dupree

Staff Writer Claudia Dasher

Columnists Victoria Baylor, J. Dianne Tribble, Tonice Cooper, April Mixon-Jones, and Tasha Devoe

Contributors Sebrina Caldwell & Douglas German

Chief Photography Editor Teara Taylor

Copy Chief Teia Acker-Moore

Publisher Ebony & Ivory Professional Services, LLC.

Photography Editor Olivia McCabe

Operations Manager James Moore

Designer Teia Acker-Moore

Advertising Director Jeanette Wilson

Accounts Manager Renee Leonard

EDITORIAL OFFICES
503 Northridge Street, Suite 1784, Rincon, GA 31326
877-BE RESILIENT

SUBSCRIPTIONS
(877) BE RESILIENT
P.O. Box 1784, Rincon, Georgia 31326,
Outside the United States: (+1) 8772373745368

The Resilient Magazine is published by
Teia Acker #RESILIENT, LLC.

www.resilientmagazine.com

Resilient Magazine
Established June 1, 2020

Resilient Magazine's mission is to highlight the resiliency of women, their work, their worth and their ability to weather the barriers that life may bring. The magazine also highlights entrepreneurs from all facets of life, while highlighting the exceptional roles African American women play in the prevalence and relevance of culture.

To subscribe, visit us at www.resilientmagazine.com

For additional questions or concerns, visit us at **www.resilientmagazine.com** or call **1-877-BE RESILIENT**.

Submit pitches, articles or related feedback to **info@teiaacker.com**

To advertise, contact Teia Acker #Resilient at **info@teiaacker.com**

RESILIENT
MAGAZINE

www.resilientmagazine.com

Resilient

EMPOWER | IMPACT | GROW & GLOW

When I began this journey to **EMPOWER** women to feel great about themselves despite the barriers life brings, I did not realize that I would be apart of the journey as well. Having received the name **RESILIENT** from a good friend and business colleague at the 2nd Anniversary of one of my businesses, I had no idea the power of the word itself. I always believed that **IMPACT** comes in the form of transparency. I believed that being vulnerable and honest helps others and heals the hurt in you. Being transparent enabled me to identify with the needs of women who were not only going through similar barriers, but were praying for a connection to a survivor. What many of them failed to realize was....so was I. I needed to see women climb from the ashes of the fires of life. I gained strength from watching women defeat cancer, survive divorce, raise children as a single mothers, become spiritual leaders, become political leaders, receive doctoral degrees, become entrepreneurs, eliminate debt, delete criminal records and become thriving citizens and ultimately live a self-rewarding life. After witnessing women succeed on all levels, it propelled me to **GROW** - up. The days of the "woe it's me" died. The days of complaining of what I did not have ceased and I rejoiced in what I did have. The **GLOW** that is revealed today is as a result of finding myself, establishing my own identity, deciding that I matter, acknowledging that I have purpose and deciding to go back, give back and get women to travel this amazing journey with me.

This is RESILIENCE.....

T.A.#Resilient

Teia Acker-Moore
Chief Content and Creative Officer
Twitter: @teiaacker
Instagram: @teiaackerresilient
Facebook: Teia Acker #Resilient
E-Mail: info@teiaacker.com
Website: www.teiaacker.com

#GETNOTICED-The Podcast

Throughout this issue, you will find stories of women who are RESILIENT in their walks, their thoughts and their actions. You will see advertisements from women in business. You will feel apart of something small in size but big in substance. You will identify with the stories, establish a new meaning of RESILIENT and aid in the positivity of inspiring women to EMPOWER, IMPACT, GROW & GLOW.

SIT DOWN SISTA

Chew & Chat Motivational Moment
with Coach J Dianne Tribble

IT'S 4th QUARTER: PUT ME IN THE GAME COACH

2021 is down to the wire Sistas. The final quarter has just started. Your goals are screaming, "Put me in the game Coach!" The whistle has blown. You must be in the game in order to win.

It's a bit hard to believe we have already completed three quarters of the year, yet it's true. Now it's time to take it into the end-zone for your ultimate touch down!

REPLAY: Sistas, let's self-reflect. Review your 2021 goals. Where are you? Make note of your wins and celebrate. Own your accomplishments. You did it! Yay! Now, review your goals which are outstanding. Hold up. Don't be too hard on yourself. Are you on course to take them into the end-zone? If so, great! If not, what is it going to take to get you into position?

We still have this final quarter to score. You can do it!

Sideline Pep Talk: I'm the Coach but I need to know you want in and you're ready to play ball. Convince me! Why should I put you in the game? Believe me, I want you in because I want you to win, but you must want this for yourself. Let me hear you say it: PUT ME IN THE GAME COACH! Alright Sista! You're in! Go make it happen!

Huddle: Let's huddle sistas. What's the 4th quarter play? How are we going to get your outstanding goals down the field and into the end zone?

1 - See Yourself Winning – Whatever your heart desires, from the smallest to the most significant goal, see yourself walking in the fullness of it. Create a mental visual.

"Your goals are screaming, "Put me in the game Coach!" The whistle has blown. You must be in the game in order to win."

~ J. Dianne Tribble

At the Table
Life Coaching & Motivational Speaking Services

2 - Stay Focused – Keep your eyes on the goal posts. There will be others running the 4th essence quarter race as well. You cannot afford to become distracted. Just keep running!

3 - Pull On Your Support – Your support system will make winning in the 4th quarter easier. Your support system will consist of family members, friends, colleagues, co-workers, and fans. They will all cheer you on. They want you to win. Your support will consist of people who love you enough to tell you the truth, be a sounding board, and give you a kick in the butt if you even think about giving up and quitting. No is not an option with this support group.

4 - Get Back Up – Should you be intercepted in your run and find yourself down, get back up! You can't stay there. The end zone is ahead. You must get moving again. Time is of the essence.

Game Time: The clock has started. You're in the game. You know the play, Now, go make it happen! I'm cheering you on. I'll meet you in the winners' circle.

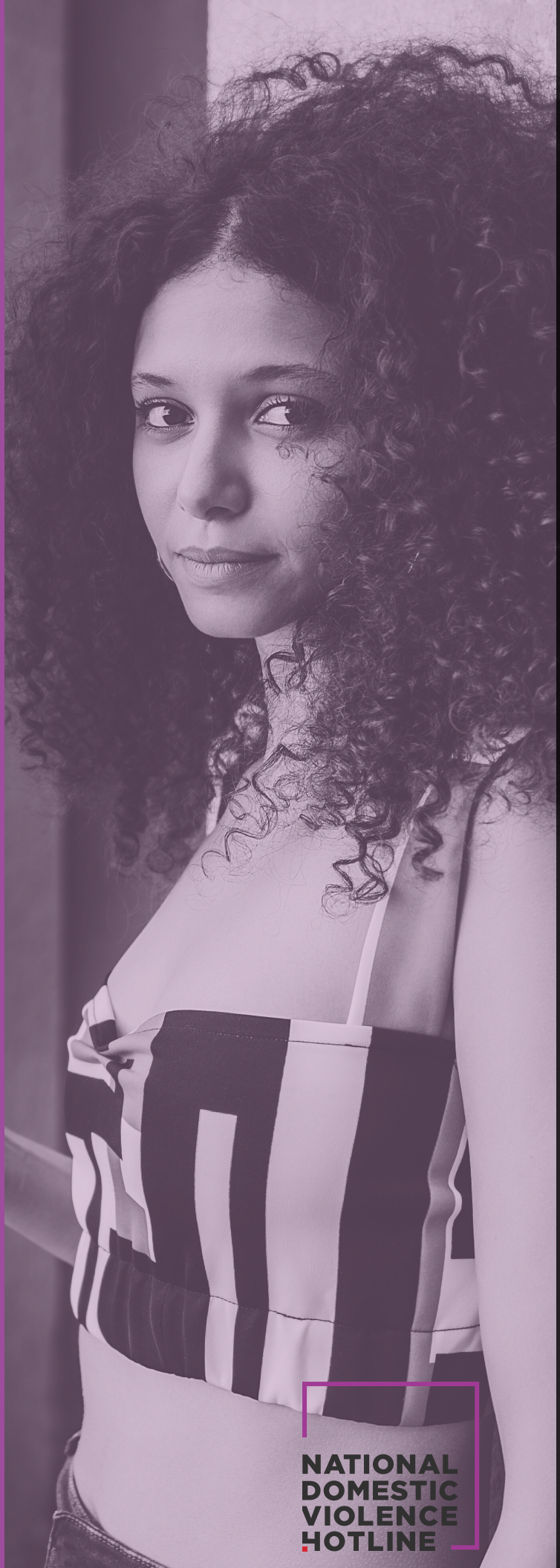
Contact me today if I can be of further assistance to you in this area. I love seeing my Sistas succeed! ~ Coach J Dianne Tribble www.atthetableinc.com

Business Line: (904) 613-8437 Cell: (904) 614-5595
Please connect with me on IG: @atthetablewdi and FaceBook.com/AtthetableLifeCoaching/

Coach J Dianne Tribble, Award-Winning Health & Wellness and Business Coach, Motivational Speaker, Corporate Trainer, Business Consultant, and Published Author

Voted 2020 BEST MOTIVATIONAL SPEAKER by BEST Society and Best Coaching Services in Jacksonville, FL by EXPERTISE.COM three years in a row (2018-2020).2019 award recipient of the Public Service Award by ACHI Magazine and 1st Place award recipient of Best Business Coach/ Consultant by BEST (Black Entrepreneur SisTer) Society. 2019 Woman of Influence nominee by the Jacksonville Business Journal. Awarded the 2018 Health & Wellness Award for her impact in the community by ACHI Magazine Awards, Coach J Dianne Tribble is the CEO and founder of At the Table Life Coaching & Motivational Speaking Services LLC. In 2018, she also received a Certificate of Recognition for Women Who Lead by VITAS Healthcare. In 2011 & 2015, she was the recipient of the Spirit of Service Award for her impact within the community by the University of Phoenix. She serves as the current President of the University of Phoenix Alumni (UOPX) North FL council.

read more at www.atthetableinc.com



I STAND AGAINST DOMESTIC VIOLENCE

20% of high school girls report being physically or sexually assaulted by a male partner.

REPORT AN INCIDENT, MAKE A DIFFERENCE.

1.800.799.SAFE (7233)
TTY 1.800.787.3224

NATIONAL DOMESTIC VIOLENCE HOTLINE

I SHALL SPEAK 4 HER

VOICE2VOICE: THE SURVIVOR'S HEART

Words Karen Alston
Photography Bernice Loman

I Felt More Cursed than Blessed

Photo Courtesy of Karen Alston

Welcome to Voice2Voice: the survivor's heart: I SHALL SPEAK 4 HER INSIGHTS as it relates to learning how to recognize the signs of abuse in an effort to understand and support victims of domestic violence. I AM Karen Denise Alston and shall without shame or fear share my journey towards survivorship, including a diverse and global insight on the facts vs. myths. This is my disclaimer, I am not a professional counselor, doctor, psychologist, or psychiatrist. However, I am a survivor of domestic violence and sexual assault, who has taken the necessary personal steps in order for me to heal from the trauma and residue of violence, including professional help. I have been a survivor for over 30 years, a member of the National and Georgia Coalition of Domestic Violence, and associated with the Office for Victims of Crime continuing education and certification process as a National Domestic Violence Advocate; the founder and CEO of 4 the Jewel N U Global, Inc., and Touch One Life Kenya, Inc., mentor and advisor in Kenya, Africa. I am and will speak from a place of healing and ensure educational tools and resources are discussed monthly as it relates to survivorship and overcoming the fear to not only speak on behalf of others but for yourself.

FACTS vs. MYTHS!

As we share facts vs. myths, it is equally important for victorious victims (those who are thinking or have already taken the safe steps towards survivorship) to recognize the strength within themselves to be resilient. Yes, you are an overcomer by faith. "For whatsoever is born of God overcometh the world: and this is the victory that overcometh the world, even our faith." 1 John 5:4. The Bible is clear that whatsoever, and whosoever, is born of God was created to Overcome! That means that you, yes you, are an Overcomer!

All too often we, as individuals and a community, notice signs of domestic violence and don't speak up. We shall, without shame or fear of ridicule, discuss some of the reasons why – and how we can rise up as one mind, body, and soul to overcome this silence. While it is necessary to partner with other agencies to ensure the lack of resources is provided and more accessible for victims, it is essential to follow up with agencies to ensure services are provided with a greater level of excellence.

Are we really meeting the needs of those who suffer at the hands of their abusers? Every nine seconds. 1 in 4 women in the United States will experience domestic violence in their lifetime. According to the National Center for Injury Prevention and Control, "National Intimate Partner and Sexual Violence", 2010. Of course, women are not the only victims, men can be victims too. However, I can only speak from my experiences and education as a woman who rose above the residue of violence, without smelling like smoke.

MORE CURSED THAN BLESSED!

Join me as I crack open the door and give you

just a glimpse of my experience as a victim living in darkness, while the sun was shining bright "like a diamond". Yet the light was blinding me. I was covered in fear that the light could not find me, only because at that time, I was too scared. The darkness will at times bring back thoughts of being lonely and memories of my greatest heart desire to experience the moment my water will break, and the secret would be revealed if the baby I was carrying was a boy or a girl. In the midst of the dark memories flow of others quoting the scripture to me, "I was blessed to be barren". The World English Bible states "For behold, the days are coming in which they will say, 'Blessed are the barren, the wombs that never bore, and the breasts that never nursed.' Luke 23:29. But,

- Because they talked at me, and not to me,
- Because they were not actively listening, they heard the opposite of what was being said;
- Because they did not understand my thought process to stay and not leave,

They never took the time to realize that deep inside I felt more cursed than blessed. And all of these "becauses" drove me to "become" more afraid to speak my truth to others; or seek help, even from professionals. I was a victim of domestic violence and sexual assault. I attempted to hide and refused to let others into my world of violence.

A PASSION TO HELP OTHERS!

In the meantime, using my skills and talents I developed a passion to help others transform their dreams into a reality. I made a conscious decision to stay in the background and walk in the shadow of others because they deserved to be successful, more than I, so …

- I made sure every "t" was crossed and
- "i" dotted concerning their goals and ambitions.

I felt more cursed than blessed because the right to have children was viciously taken away from me, by my ex-husband. In the midst of one of my darkest nights, while living in Atlanta, I was beaten, battered, kicked, and raped, too many times to count, by a man who vowed to love me through sickness and health, till death do us part. I vowed no one will ever promise that they will love me to death BUT love me to LIFE! Why, because in everlasting life, death has no sting.

I CAN SEE CLEARLY NOW!

Much later than sooner, I looked myself in the mirror and asked God, "what is wrong with me?" Why am I attracting this spirit of violence? You see, I went from one abusive relationship to another one. Over and over again. This was a ferocious cycle of domestic violence. And when I stopped talking and finally could hear God, my answer came. Listen, getting to the point of just being quiet is not always easy, but I eventually learned it is necessary for survivorship and receiving the blessings and favor of God.

No longer do I walk in the shadows of others, or care what others think about me. Whew, not caring what others think about me, did not come easy and at times still becomes a thorn in my side. I had to make changes, by first being true to myself. I always believed that hurt people hurt people.

BRICKS OF SELF-DESTRUCTION!

It was vital for my freedom to begin understanding my thought process, and how my past experiences were evolving into new relationships and decreasing not only my physical but my mental health as well. My heart

desire was to openly speak about my experiences, without the shame, without the hurt, without the ridicule from family, friends, or associates. There are many walls and tunnels as a victim, we build, around us. And yes, we stand right there in the middle, daring ourselves to move. A whole city of bricks, to name a few: shame, disbelief, denial, sadness, hate, jealousy, pride, low or no self-esteem, lies, mostly us telling lies, and denying the truth … bricks of self-destruction. That virus, named "domestic violence", had me bricked in.

And because I built those walls with bricks of self-destruction as a means of protection, to prevent the outside world from coming inside … I became trapped, and could only hear the voice of my abuser. I SHALL SPEAK 4 HER INSIGHTS was created to educate ourselves so that we are prepared to receive victims when they choose to talk, so we know what to say, how to say it, and when not to say nothing at all. I know, if it was not for my big momma and my little momma, not only praying for me, making a conscious decision not to judge me and listen to me, I would not be here today, as a living testimony … (may they both continue to rest in peace}. Why is this so important to a victim, because when I could not speak 4 myself, they spoke 4 me. When I could not encourage myself, they encouraged me, when I did not believe in myself, they believed in me; when I could not pray, they prayed for me; when I did not understand whose I was; they knew I was beautiful and wonderfully made.

MY CONCLUSION OF THE MATTER!

I SHALL SPEAK 4 HER … from the grave because her violent death silenced her; I SHALL SPEAK 4 HER … from the other side of the door until she can safely seek refuge … I SHALL SPEAK 4 HER because someone spoke 4 me … until I could speak 4 myself …"I choose to be a true servant willing to serve the JEWEL JEWEL N U " no longer living in the shadows of others or afraid of the darkness.

I want to say thank you for taking the time to read my first published article, I SHALL SPEAK 4 HER INSIGHTS … and we invite you to stay connected with us on Facebook: @4thejewelnu; @voice2voice: the survivor's heart; Instagram @ voice2voice survivors. Feel free to contact us @ 912.200.4707 for assistance. Share with me by visiting our website at 4thejewelnuglobal.org or email me @ 4thejewelnu@gmail.com! Let us rise up together without fear and declare I SHALL SPEAK 4 HER.

I SHALL SPEAK 4 HER
VOICE2VOICE: THE SURVIVOR'S HEART

Karen Denise Alston, CEO/Founder
"I SHALL SPEAK 4 HER INSIGHTS"
Voice2Voice: The Survivor's Heart

ÉGOÏSTE
CHANEL
PARIS
EAU DE TOILETTE

Being Resilient

Resiliently Speaking with Kandis Ramsey

Resiliently Speaking

With Kandis Ramsey

Sitting with the brilliant mind of greatness - Kandis Ramsey was nothing short of amazing.

Kandis Ramsey owner of LACED! A woman LACED in grace, beauty, style & fashion. She's committed to inspiring & uplifting the lives & vibes of women all over the world. ~Hosea 2:14-15

Tell us about yourself? (who are you, where are you from, what do you do, etc.)

I am Kandis Ramsey. I am the daughter of Matthew & Charlene Jackson. I am the youngest of four children. All girls! I am a wife, sister, auntie & one of the best friends anyone could ever have. I was born & raised in the small town of Camilla, Ga. I am the wife of one of the most amazing people on this planet Dr. Hart Ramsey who is the founder of Northview Christian Church. I currently lead our women's ministry "Woman Refined." I also birthed an organization for Pastor wives called "Leading Ladies." I'm an entrepreneur at heart. I've been a professional licensed hairstylist for over twenty years now & also currently have an online boutique for women call LACED Boutique.

Aside from what is known about you or what you have shared, what makes you RESILIENT?

I focus more on the path before me and use my God-given gift of discernment to know when to let others in & when to shut others out. Through the years the Lord has built a resolve in me to see things to the end. I understand that although the battle is the Lord's, he requires us to fight.

How do you deal with setbacks?

I deal with setbacks by not focusing on the thing that set me back in & of itself but focusing on the one who carries me forward. The one is God. I realize that setbacks have a purpose. My mentality as it relates to setbacks is that regardless of the setbacks, what God has for me will be there when I arrive.

How do you cope with the pressure?

"I focus more on the path before me and use my God-given gift of discernment to know when to let others in & when to shut others out." ~ Kandis Ramsey

Photo Courtesy of Kandis Ramsey

How do you cope with the pressure?

Interestingly enough I do my best to avoid pressure by proper planning, prayer & preparation. To be honest, this is a growth area for me that I give constant attention to. My desire to be the best me in every moment. Sometimes allows for frustration when everything doesn't align. I'm learning to take moments as they come & realize that moments create momentum. I also practice the power of silence, giving myself that chance to access what the Lord requires of me in pressure moments.

Photo Courtesy of Kandis Ramsey

What has been your biggest failure to date and how did you deal with it?

One of my biggest failures was making relationship decisions with a broken heart. I made many mistakes & many horrible decisions out of hurt. I realized that the hurt I experienced was because I allowed it. At this point, I had to be honest with myself & begin to acknowledge & own my part. I realized that I needed to take time to properly heal & be refined. I had to make different & difficult decisions. Finally came to a place of no longer wanting my will, but God's will for my life.

Tell me about a time when you had to deal with a major crisis.

I experienced an identity crisis. Went through a period of time where my identity was attacked by people due to false speculation. I thank God daily for his refining process which revealed to me exactly who I am, my worth & my value. God allowed me to see myself the way he sees me. There's nothing like knowing your true identity. Once you know what God says about you & whom God says that you are; what others say about you & what they call you doesn't matter at all ~Jeremiah 1:5.

Describe a time when something didn't work out as well as you'd hoped. What did you do and what did you learn from it?

There have been several things throughout my life that didn't work out as well as I hoped. I realized that's definitely a part of life & its process. One of the most important things that I've learned is to never give up. I've learned to make the necessary adjustments & continue to move forward. I decided that no failure, setback, disappointment, discouragement, negativity, or stagnation will have power over my life or future. We Live, we learn & we grow! Nothing happens that God doesn't allow. We may not always get it right, but as long as we have breath in our bodies, we have the opportunity to make it right.

Tell me about a time when you worked with someone you didn't agree with.

In my world view disagreement simply means we see things differently. Because perspective is important, I usually resolve disagreements with necessary adjustments. And sometimes those adjustments include not allowing myself to be distracted from my intended purpose. It helps to have an open mind to discern whether

the adjustment must happen within me or around me.

How would you respond if you received negative feedback?

My response to negative feedback is simple. I don't allow negative feedback to enter into or affect my heart. Not all negative feedback is bad. Some negative feedback is constructive in nature & can be the foundation of success.

What's next for you? How can we support?

What's Next for me, I'm not completely sure yet, but because I know God's hand is on my life; My next is beyond anything I could ever think or imagine. You can support me by simply keeping me in your prayers as I do the same for each of you.

What is the best advice you could give another woman (or women in general) who looks to you as a role model?

My advice to women in general or to those women who look to me as a role model would be to find your true identity in Christ. It's very important that we know who we are. Knowing who you truly are, your worth & value will help to eliminate many of the cretinously decisions we make. When you know who you are, there are certain things that you will not allow, tolerate or entertain. Only when a woman begins to see herself properly, will she be able to love herself properly.

I encourage every woman reading this to love herself like never before. It's ok to put yourself at the top of the list. Your personal self-care is just as important as anything else in your life & on your to-do list.

To those who think that your life is over, too messed up or too late; it's never too late to Heal-Thy-Life. Get up, let's Go!! Do the work! You're worth it. Your future is worth it. God has it for you, but you have to want it for yourself.

"It's very important that we know who we are. Knowing who you truly are, your worth & value will help to eliminate many of the cretinous decisions we make."

~ Kandis Ramsey

Photo Courtesy of Kandis Ramsey

COCO LUX

LUXury...one bar at a time

Handmade soaps and bath essentials

www.cocoluxllc.com

H&M

H&M

H&M

NATIONAL DOMESTIC VIOLENCE HOTLINE

THEHOTLINE.ORG

National Domestic Violence Hotline
1-800-799-SAFE (7233)
1-800-787-3224 (TTY)
Advocates are also available to chat 24/7

National Center for Victims of Crime
1-855-4-VICTIM (1-855-484-2846)

Madewell

THE NAME SAYS IT ALL

www.madewell.com

SAVAGE FENTY
LINGERIE BY RIHANNA

FRENCH
LAVENDER
& HONEY
SHEA & VITAMIN E
shower gel
Bath & BodyWorks
10 FL OZ / 295 mL

FRENCH
LAVENDER
& HONEY
SHEA & VITAMIN E
shower gel
Bath & BodyWorks
10 FL OZ / 295 mL
Sweet
Pea
SHEA & VITAMIN E
Shower gel
Bath & BodyWorks

THE "BERRY" MARTINI

Subscribe at www.tasteofhome.com

Please do NOT drink and drive. Please drink responsibly and with moderation. We do not, under any circumstances, accept responsibility for any damages that result to yourself or anyone else due to the consumption of alcoholic beverages or the use of this site and any materials located on it.

THE ULTIMATE DOPE LIST

TOP LISTINGS OF FEMALE MUSICIANS, PODCASTERS AND AUTHORS

WRITTEN BY TEIA ACKER-MOORE

THE ULTIMATE LIST OF

DOPE MUSIC

By Teia Acker-Moore
of Resilient Living Radio

You can probably imagine me sitting here in front of my computer listening to some lovely music while I seek for inspiration for next month's issue. Well, if you guessed that, you are correct.

Music controls my day-to-day vibes. Depending on my mood, I have several female singers that I can connect with. Lately, as the time has changed and the holidays are approaching, my mood has shifted to that of love, peace, and positivity. I can only think of three women that have achieved all three of these aspects in one album.

At the moment I am listening to music from Jhené Aiko, Ari Lennox, and H.E.R. I chose these artists because of the meaning of all the lyrics inside their songs. Listen carefully to each word as you listen to the songs. You will find the elements (as described earlier) - love, peace and positivity.

This month's Top 3 female musicians are.....

Stop, Look, and Listen!!!

THE ULTIMATE LIST OF

DOPE PODCASTS

By Teia Acker-Moore
of Getnoticed-The Podcast

As the world becomes busier, the podcast format has become incredibly popular. Audio content allows the listener to multitask. A recent study showed that while 49% of podcast listening happens at home, 22% happens while driving, 11% at work, and 8% while exercising.

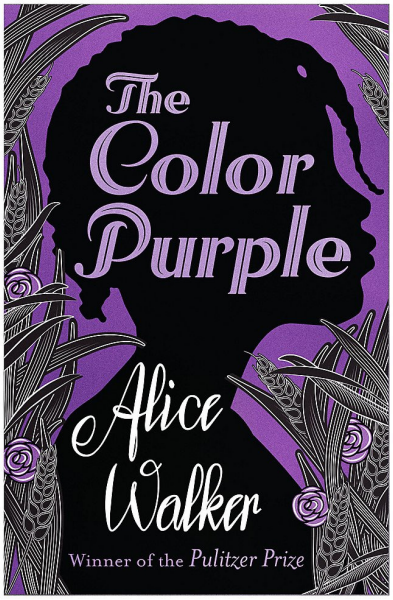
Podcast audio content gives listeners the ability to dive into topics without having to set aside time to read or watch a video. Podcasts also offer articles in smaller bite-sized chunks perfect for daily commutes or busy routines.

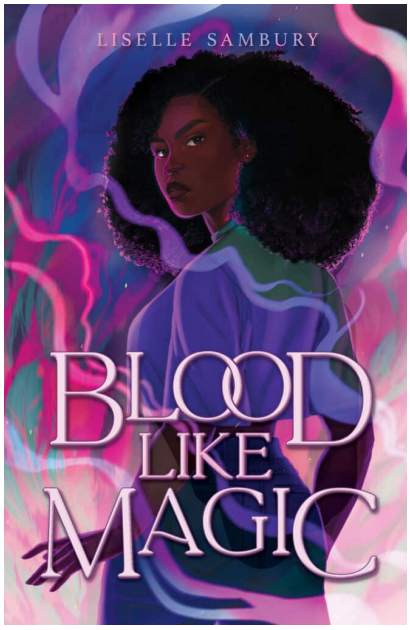
While I am an avid podcaster, I enjoy listening to these ladies from time to time. Their shows are electric, eccentric and much needed most days.

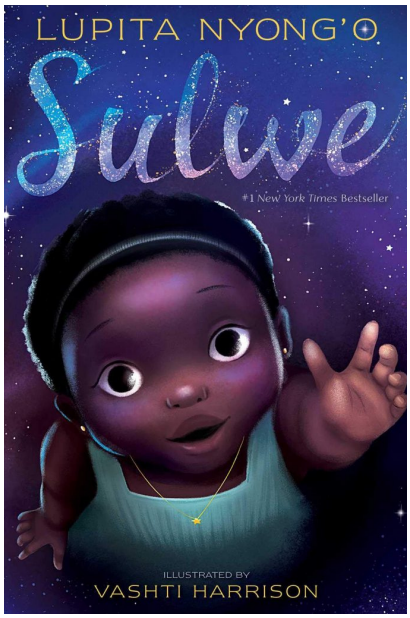
If you are into podcasting, I recommend you save the stations of these amazing women.

This month's Top 3 female podcasts are.....

Stop, Look, and Listen!!!







THE ULTIMATE LIST OF

DOPE AUTHORS

By Teia Acker-Moore
of MOORE BOOKS, LLC.

While I believe reading empowers people, I also believe it offers them empathy to live in the shadow of others while discovering themselves. Good books can provide an advancement in education and various methods to improving one's life. The goal of most authors is to provide affordable means for others to enjoy some of the greatest literary, contemporary and various genres of work our world has been awarded to have.

Being an author, I am always concerned with the readers take away from my work.

Most authors feel the same way. They want to ensure the message has been conveyed in an epic way.

While in quarantine or in your spare time, I encourage you to check out the following books by some of the most amazing black women.

This month's Top 3 female authors are.....

Stop, Look, and READ!!

CUPSHE

Photo courtesy of NaTeneshia Renee

15 EASY WAYS TO ADD MORE SELF-CARE INTO YOUR LIFE

By: Victoria Baylor
Mindset & Clarity Coach, TEDx Speaker

With all of the external pressures that women face these days self-care is more mandatory than ever. Last month I wrote about how to change your perspective on it and how to clear space for it. This month I want to discuss how to overcome 2 of the biggest self-care challenges women face overcoming guilt & not knowing how to start the self-care process. I even include 15 quick start ideas to get you going!

One thing I've learned is most women know that they need self-care. They even welcome the idea. But committing to it is where the challenge lies. There is often a lot of mental baggage associated with it. Feelings of prioritizing others or the guilt of taking time for yourself can often so easily outweigh your best intentions.

Another reason why self-care can be challenging for women is that oftentimes it's assumed that it should come naturally. The same is said for breastfeeding. And as I discovered with my child some 14 years ago, not every natural practice comes easy and most demand some sort of work. The same is true for getting yourself acclimated to the idea and practice of self-care. For many women, focusing on others comes more naturally than focusing on themselves. In an effort to shift your focus and make self-care a permanent change, perhaps taking "baby steps" can be more helpful. Hey, let's be real, sometimes implementing changes that stick can be hard. And let's not talk about the disappointment of trying to launch big attempts and failing miserably. We, women, need an easier game plan.

Lastly, many women have difficulty engaging in self-care or even attempting to commit to it due to guilt. As a Coach, I've noticed this to be one of the biggest obstacles. As I wrote in last month's issue "Many women push past their energy and time limits due to guilt. Guilt can be so sneaky. It really comes disguised as limiting beliefs which promotes the idea that you have to be perfect, never let anyone down, or that "real women wear a superwoman cape" and can get it all done. All such BOLD FACED LIES!!! The last time I checked, you are human, and being human comes with limitations. You shouldn't feel guilty because of them. You can't be all things to all people. I don't know who this is for, but look, you can't always be other people's solutions. They have to find a way to solve their problems and think for themselves. Remember your obligation is to take care of what you can fit on your own plate. " Simply put, you have an obligation to take care of and prioritize yourself.

But despite the challenges, there is light at the end of the tunnel. To push past your self-care challenges it's important to keep your mind centered on the main goal of self-care which is to send yourself the message "You are Important.....

too". It's not to add another chore to add to your list of things to do. It's not meant to take away from what you do. It's a tangible way of "giving yourself a pat on the back and some love" for working hard and doing a great job. Self-care is the necessary break every woman needs to validate her efforts and to prevent burnout.

In order to ensure success, it's important to broaden and customize your definition of self-care. Pedicures and massages aren't the universal signs of self-care. I know women that hate them. As a woman, you need to get strategic about pampering yourself and doing it now. This is not about perfectionism but about giving yourself space and honor. Pay attention to what you like and what makes you feel special. Do more of those things. And as mentioned before start with "baby steps" to get the ball rolling. Here is a list of some non-stressful suggestions. Pick 5 and implement this week. Hook up with a girlfriend to hold you accountable.

1. Sneak an extra 10 min. in to read your favorite magazine while in the restroom
2. On the way home from an errand take 5 minutes to sneak and stop at a lake or look at fancy houses/decorations.
3. Watch your favorite movie while on the treadmill or elliptical
4. Splurge and buy a "luxury" creamer for your coffee
5. Buy fancy tea and drink it out of a fancy mug
6. Use 5 minutes when awakening to have a deep breathing exercise
7. Repeat your affirmations while brushing/combing your hair
8. After brushing your teeth, stop and Sing a favorite verse or 2 of you favorite song--using your toothbrush as a mic
9. 10 minutes prior to sleeping put on your favorite natural sounds or calming app
10. Burn a candle or diffuse essential oils
11. Give yourself a minimum 15-minute break every day
12. Pick one day a month to take either yourself or a close friend out for lunch
13. Get your favorite meal or dessert delivered
14. Instead of going through the drive-thru, take some time to just hang out in your favorite coffee shop
15. Put your "Do not disturb" sign up and enjoy some uninterrupted listening to 1-2 of your favorite songs

Create a routine thereafter. Try to have a minimum of 30 minutes a day devoted to self-care to get started and stay consistent. With 168 hours a week, those 3.5 hours will be the best for you. I'm cheering you on! You can do this! I'd love to know how you're doing. Feel free to drop me a line at victoria@victoriabaylor.com. If I can provide you further support don't hesitate to reach out. Feel free to call me at 843-940-8950 or visit www.victoriabaylor.com.

Let's Connect
Website: www.victoriabaylor.com
LinkedIn: Victoria Baylor
Facebook Page: Victoria Baylor
Instagram: Victoria Baylor
Twitter: VictoriaDBaylor

Victoria Baylor
Mindset and Clarity Coach

MALIBU
SHEIN

Treat your skin smoothly
Ellymay Shop
Masculine
Body Lotion
Water, Golden Jojoba Oil, Grape seed Oil, Beeswax, Vitamin E Oil, Liquid Germall Plus (Preservative), Fragrance
If you are allergic to these ingredients please Do Not Use.
Ellymay Shop LLC
Kalamazoo, MI 49004
Net Wt. 9.20 fl oz/261g
For external use only
Passion
Body Lotion
Water, Golden Jojoba Oil, Grape seed Oil, Beeswax, Vitamin E Oil, Liquid Germall Plus (Preservative), Fragrance
If you are allergic to these ingredients please Do Not Use.
Ellymay Shop LLC
Kalamazoo, MI 49004
Net Wt. 9.20 fl oz/261g
For external use only
Lady Love
Body Lotion
Water, Golden Jojoba Oil, Grape seed Oil, Beeswax, Vitamin E Oil, Liquid Germall Plus (Preservative), Fragrance
If you are allergic to these ingredients please Do Not Use.
Ellymay Shop LLC
Kalamazoo, MI 49004
Net Wt. 9.20 fl oz/261g

THE DIFFERENCE BETWEEN BUSINESS CREDIT AND PERSONAL CREDIT

by Tonice Cooper, Credit Strategist

Photo by Somi Benson-Jaja

Being an entrepreneur entails understanding and dealing with several issues: marketing, legal issues, human resources, sales and financing. Even though your personal credit and business credit both tell lenders how creditworthy you are, they are two different things.

The line between the two can be blurred for small businesses, especially if you are trading as a sole proprietor. The separation between business and personal credit can be tricky. However, it is always a good idea to keep the two completely separate from each another.

If you've been struggling to differentiate the difference between business and personal credit, here's a rundown on how they relate to each other and how they differ.

What is personal credit?

Personal credit is pretty straightforward. Personal credit refers to any money you borrow or items you purchase using a credit card. The moment any of these two events happens you've kickstarted your personal credit history, and you begin to build up your credit score. This score is ultimately linked to your Social Security Number.

What is business credit?

Every business has to file business taxes. For that to happen, an Employee Identification Number is issued to you by the IRS so that they can track your finances.

While some small businesses can operate without one for a limited time, it's advisable that you apply for an EIN. This number kicks off your business' financial history,

Credit Specialist, Tonice Cooper uncovers the aspects of being denied credit

"The separation between business and personal credit can be tricky"

~ Tonice Cooper

which is something you don't want to happen.

What is the difference between your personal credit and your business credit?

The significant difference between the two is that your personal credit is linked to your Social Security Number. In contrast, your business credit is linked to your Employer Identification Number or Tax ID Number.

Setting up your business the right way

So how do you ensure that your business is set up correctly? Once you've sorted out all the internal issues of your business, you need to take the following steps to ensure that you keep your personal credit separate from your business credit.

1. Register your company with the federal government and your state government, too.

2. Ensure that you list the correct business address and have a separate phone number for your business.

3. Apply for an EIN and DUNS number. This is important to have when you apply for credit, or when you have to pay your taxes, and for opening a business bank account. (Some states will require a Tax ID Number too.)

Why you should keep personal credit and business credit separate

It's a good business practice to keep your business and personal finances separate. Additionally, there are several benefits such as:

- It makes the tax filing process more straightforward.
- It gives you access to more credit opportunities.
- It helps you scale up your business faster.
- You avoid being personally liable for the debts your business incurs.

"The significant difference between the two is that your personal credit is linked to your Social Security Number"

~ Tonice Cooper

In order to maintain good personal credit and business credit, it is important that the two are not intertwined and that you have taken all necessary steps to handle your business in the legal and professional way.

You can do both at www.vantagepointcreditsolutions.com

Tonice Cooper, Credit Strategist
Vantage Point Credit Solutions

KNOWLEDGE IS DUNAMIS

Wellness And Ready With April Mixon-Jones

Hello, Beloveds!!!

Blessings to all cancer survivors!!!! This month let us look at our security systems. Have you checked your monitors? What about your motion sensors? How about the system wiring??? All need to be in good, working order for the security system to function properly. Imagine an intruder is trying to break into your space and your security system is faulty. You know what happens next, the intruder can break into your space. Now let us look at this in other ways.

In our mental space, we need to regularly check our security system. What are you letting in, Negativity, self-doubt, self-hate, depression, loneliness, rejection? You cannot allow these thoughts to enter in, however, if they do; you cannot allow them to stay. Set your mental system up to where certain words or actions trigger your alarm and block all negativity. This takes practice. Start with something small, like someone saying they do not like your nail color. Stop it before you accept it. Reply oh well I do or something to that effect and walk away. Removing yourself can help alleviate pain.

In our physical bodies, we already have security systems in place. Now more than ever it is imperative that you get to know your body. Fever and diarrhea are signs that an intruder has entered your body, there can be alarms going off before your the body reaches these stages. Start jotting down how your body acts at different hours of the day. Also, pay attention to your body after you eat. For those who like to journal, try writing my body journal.

Now in our spiritual space, it's a little different. There is something called gates. These gates are the security system for our souls. The gates are all openings on your body. It is through your gates that all things enter your soul. It is detrimental to keep the gates closed. Like when you walk out your door to go to the store. We immediately close the door behind us and lock it.

Spiritually we need to keep all strongholds from entering our gates. It takes praying, fasting, meditating, and obedience to God. Protecting your soul is just as important as protecting your heart or your mind. It can be more important to some people.

It is my desire that all live a healthy lifestyle. Check your security systems regularly and keep your gates closed against demonic attacks. Remember that I am here for you. If need specific prayer or have comments/questions my contact is aprilmixon711@gmail.com. Also, I am the owner of The Anointed Line and I make all-natural healing products and prayer apparel.

Peace, Love, & Blessings
April Mixon-Jones

WHISTLES

Resiliently Fit

IT'S A LIFESTYLE CHANGE.
YOU'RE WORTH IT!
LET'S GET FIT TOGETHER.

with Tasha Devoe, Personal Trainer

RESILIENT HEALTH & FITNESS

Fall is OFFICIALLY HERE. So what does that mean for many? It's HOMECOMING season!!!! College football & NFL are here which excites many of us whether you're a true fan or enjoy the socialization of what the season brings. That being said who doesn't want to look their best in their tailgating or fan gear. It's time to work.

FALL WORKOUT

WARM-UP:

- Stretch the legs with a side lunge (L &R)
- Roll Shoulders
- Reach forward towards your toes
- Reach behind towards your heels
- Stretch each arm across the chest
- 2 minute jump rope

LET'S WORK (leaves won't be the only thing falling):

- 25 jump squats
- 25 butt kicks
- 25 jumping jacks
- 25 wall push-ups

Complete 4 total rounds 1 min rest between rounds

- 20 leg lift planks
- 20 donkey kicks
- 20 lying leg lifts
- 45 sec plank

Complete 3 rounds rest for 1 min between rounds

Stretch and hydrate! You just killed it!!!
Fit With Tasha offers in-person and virtual training
Monday - Friday Let's Get Fit Together!!!!
www.FitWithTasha.com

Tailgating and football parties mean one important thing outside of your team winning…..the FOOD. The great thing though firing up the grill is definitely in season. So let's make it work for us. Don't forget to drink plenty of water especially outside.

BREAKFAST- PARADISE SMOOTHIE:

Ingredients: 5 strawberries, 2 slices pineapple halves, ¾ c rolled oats, 1 diced mango, 10-15 ice cubes, and coconut water for our base
Slice strawberries, diced mango, and separate from its skin. I always measure out my liquid first so that I can portion it out properly. Add fruits and oats blend slightly then add ice. Feel free to add your favorite protein whether it be a nut butter or protein powder to give you a more balanced & filling breakfast.

GRILLED CHICKEN KABOBS:

Ingredients: Boneless, skinless chicken breast, zucchini, red onion, yellow bell pepper, red bell pepper. Cut chicken breast into small squares, thick slice zucchini, cut onion, and bell pepper into quarters. Grab your skewer and layer your protein and veggies on. Brush on some olive oil and your favorite seasoning then put it on the grill. It'll be ready before you know it. Make a bowl of brown rice or cauliflower rice to accompany and you've got a great meal that won't bloat you or leave your hands a mess.

Enjoy! A healthy body is a happy body!

KINDNESS

ProFlowers
an FTD company

COVERGIRL®

CLINIQUE

Sally Hansen®

MAC

allbirds

le macaron
french pastries

LIVEKINDLY

TAZO®

O·P·I
COLOR IS THE ANSWER

at home
The Home Décor Superstore

A Survivors Story

Resiliently Defeating Breast Cancer

" I cried when I lost my hair until I realized that I was on the verge of losing my life.... instantly, I knew the trade off was so worth it.

~ Aaliyah Clarke

When Aaliyah Clarke was diagnosed with breast cancer at 22, she faced a series of difficult decisions. She was very proactive about her health and her cancer risk – and what she wants young women to know about their health.

Throughout her life, Aaliyah, now 34, saw many relatives on her mother's side of the family become diagnosed with and die from breast cancer. Her maternal grandmother was diagnosed with breast cancer in her 30s and later passed away in her 40s, while two maternal aunts also died from breast cancer.

Aaliyah discussed her family history with her doctor, who recommended she seek genetic counseling. Her genetic counselor knew that her risk of breast and ovarian cancer could be passed down through either parent's side of the family, and recommended Aaliyah get genetic testing which is how she learned she is positive for a BRCA1 gene mutation.

Aaliyah and her counselor discussed the options that were available to manage her risk, which included regular screening for breast cancer and preventive surgeries.

Photo courtesy of Aaliyah Clarke

Aaliyah decided to have her breast removed. She continues to undergo regular breast cancer screening to ensure that the genes have not spread to her breast bones. Aaliyah feels empowered by the decisions she has created to manage her risk and is hopeful for a bright future. Aaliyah lives in Atlanta, Georgia, and works as a sales manager for Pandora. She enjoys living and spending time with her family.

Dedicated to all breast cancer survivors. Thank you for being RESILIENT.

Monday
Tuesday
Wednesda
6
7
13
14
20
21
28
Get Checked

A breast self-exam is a step-by-step method women can use to examine their breasts. By looking at and feeling your breasts regularly, you can notice anything that seems abnormal.

If you find a lump or any other worrisome changes, stay calm. Most self-exam findings are not signs of breast cancer. But you should still call your healthcare provider if you notice any:

- Change in the look, feel or size of the breast.
- Change in the look or feel of the nipple.
- Dimpling or puckering of the skin.
- Lump, hard knot or thick spot in the breast tissue.
- Nipple discharge.
- Nipple or other area pulling inward.
- Pain in one spot that won’t go away.
- Rash on the nipple.
- Swelling of one or both breasts.
- Warmth, redness, or dark spots on the skin.

CAPRICORN

Your outward goals will be on your mind this month. You may feel a stronger desire to achieve the level of notoriety you desire, prompting you to put your name out there and market yourself accordingly.

AQUARIUS

This month will reveal to you how big the world truly is. So much of it remains unexplored, and if it feels like monotony and limitations have been guiding your reality, it's time to shake things up and take chances on new things.

PISCES

You may come face to face with your deepest fears this month. These fears may play a part in your relationships, as well as your understanding of your true power.

ARIES

Your relationships are taking the center stage this month. Recurring conflicts and patterns may present themselves, forcing you to finally reckon with the decisions you make with others and the roles you take on.

TAURUS

You may become more aware of what your body needs this month. Balancing your need for rest, productivity, and nourishment is a slippery slope, so take the time to work on building a routine that helps you take care of yourself.

GEMINI

This month, your creativity will be pouring from you. The need to express yourself and play around with color, romance, and poetry will beat within you, encouraging you to push through your artistic blocks.

CANCER

You may feel a desire to connect with your roots more deeply this month. Your heart may pull you toward a place that feels familiar; a place that feels like home. However, that feeling of "home" takes time, commitment, and effort.

LEO

You may feel a spark of electricity this month. This electricity is encouraging you to learn new things, stimulate your mind, and connect with people who expand upon your ideas. Explore your neighborhood a bit.

VIRGO

This month is all about feeling the earth beneath you. Remember what supports you. Remember the safety nets that protect you when you slip and the luxuries you create for yourself.

LIBRA

You may be doing a lot of thinking about who you are this month. With the sun in your first house of the self, the various hats you wear and personas you take on will reveal themselves to you, showing you the energy you're exuding.

SCORPIO

This month is about digging deep into your psyche and exploring the inner reaches of your spirituality. Your dreams may become more vivid, as will your need for introspection.

SAGITARIUS

You may feel compelled to experiment with your ability to reach out to others. Your impact and effect on the world you live in may come into question, encouraging you to rethink your position in the communities you're involved in.

SUBSCRIBE AT

WWW.RESILIENTMAGAZINE.COM

Dream in the Sky
BY BATH & BODY WORKS
24 HR MOISTURE
ULTRA SHEA
BODY CREAM
8 oz / 226
Dream in the Sky
BY BATH & BODY WORKS
SHEA · VITAMIN E
SHOWER GEL
10 fl oz / 295 mL
Dream in the Sky
BY BATH & BODY WORKS
RAINBOW
BODY OIL
6.3 fl oz / 186 mL
Dream in the Sky