

Tinisha Nicole Johnson

Author, Writer & Poet

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www.TinishaNicoleJohnson.com

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Tinisha Nicole Johnson lives in Denver, Colorado. She began writing as a hobby at a young age, mostly poetry, which in later years turned into short stories and then books.

Tinisha is a versatile writer, and writes in various genres which includes books, short-stories, poems, and local and national and community articles, even writing short-stories for the *Chicken Soup for the Soul* series. She also writes freelance articles for the Denver Examiner.

In addition, Tinisha also hosts political and sports teleconferences as a profession.

Tinisha is co-founder of ASA – Authors Supporting Authors, a non-profit group that promotes literacy and support to other authors. She holds an Associate Degree in Science, Paralegal certificate, and a Bachelors Degree in Business Management.

Tinisha is available for author panels, interviews, and speaking engagements. Contact her through her website.

Visit the author at her website: www.TinishaNicoleJohnson.com

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BLACK WOMEN IN AMERICA ARE BEING REVOLUTIONIZED

The Tell All Book That Has Black Women Living A More Passionate And Fulfilling Life

Upper Marlboro, MD – You’ve heard the statistics about Black women. They range from status in careers, single parenting, and negative relationships with Black men, to name a few. Black women are the minority of the minority and are put into a category that stands all alone. Black women face challenges that other races of women may never face. Author Tinisha Nicole Johnson is taking a stand, and introducing to Black women a new way of thinking that has people talking, and women everywhere viewing life in a different light.

"I just want to say to my sistas: don't ever question yourself as if some White/Asian/Hispanic woman has something you don't possess. A man of any race who gives that reply is not a true man, and he doesn't deserve the time it took you to even ask him the question," says Wayne, a responder to the Black/White relationships forum on BET.

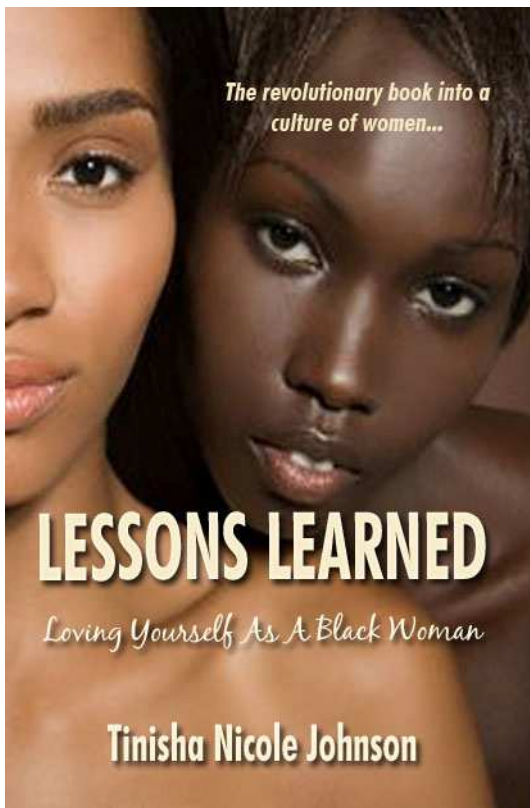
Lessons Learned: Loving Yourself As A Black Woman is a book into the culture of Black women. The author addresses key issues such as: self-worth, what some Black women tend to think the definition of true happiness is, and the five most common types of Black women. "I wanted to create a book that addresses the most top ten lessons that I've personally had to deal with and overcome, or issues I saw other Black women struggling with. I wanted to let the world know regardless of how it was perceived, that Black women are beautiful, unique, and are excelling positively more than ever. Statistics alone don't tell the true story behind the Black woman."

"This is a must read that is sure to change the way Black women view themselves and their place in this world. I highly recommend this book," says Linda R. Herman, author of *Consequences* and *Cost of Our Affairs*.

Tinisha Nicole Johnson is an author, writer, and poet residing in Denver, Colorado. Besides writing, she also hosts political teleconferences. Her website, *A Writer's Fantasy* tells more about the author and provides information into her other books.

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If you'd like more information about the book *Lessons Learned: Loving Yourself As A Black Woman*, or to schedule an interview with Tinisha Nicole Johnson please contact the author through her website: www.TinishaNicoleJohnson.com or email the publisher info@xpressyourselfpublishing.org



Lessons Learned: Loving Yourself As A Black Woman

*The revolutionary book into a
culture of women...*

As a Black woman, have you ever dealt with insecurities and pressures from the world that made you feel unsure about yourself or life in general? Do you want answers and solutions to your most deepest, darkest feelings?

If so, *Lessons Learned: Loving Yourself As A Black Woman* is a book you need to read. It's an inspirational and uplifting book, emphasizing ten life lessons that addresses your most intimate, personal, and professional life.

In *Lessons Learned*, the author passionately and straightforwardly expresses and lays out the following:

- The “Q&A Method” of problem solving life’s problems
- Understanding your deepest feelings and using the positive to overcome the negative
- Your self-worth is greater than you think, learn why
- What Women tend to think the definition of true happiness is
- The Five most common types of Black women
- What some Black women say to themselves that they would never say out loud
- Why some Black women sacrifice their souls
- Balancing Children, Family, and Friends

The author thought it necessary to create a book specifically catered to Black women in the self-healing process while laying out techniques on how to gain more self-confidence and strengthen your self-worth and your overall life.

The book *Lessons Learned* reminds Black women the importance of loving themselves first.

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Author Q&A

Lessons Learned: Loving Yourself As A Black Woman

by Tinisha Nicole Johnson

1. Why create a book only geared toward a certain group of people. Why not address women in general, instead of just Black women?

I actually thought about that very question when the concept came to mind to write this book. First off, there are issues in the book that do address women in general. However, I thought it appropriate to create a book in whole for Black women, because simply put, Black women go through challenges that other races of women may not go through on a regular basis or ever go through. Those challenges can consist of anything from both racism and sexism, culture, hair, skin color, and some negative/ignorant perceptions that the world has about Black women.

2. Who inspires you?

My mother for one. She was the eldest of twelve siblings and she's taught me a lot about taking care of responsibility and gratitude. I also get inspired by reading. I have a large collection of motivational and inspirational material. My philosophy is that you need to feed your mind as much as you feed your mouth. So I really try to feed my mind with positive and uplifting information on a constant basis. I also get inspired by people in general who are really trying to do something positive with their lives and who are willing to go the extra mile to help others out.

3. The title of your book is Lessons Learned: Loving Yourself As A Black Women. What is the biggest lesson you'd say you've learned personally?

Honestly, I'd have to say the first lesson in my book: "Happiness is Free and is Found Within You." That lesson is about getting your mind right. We have the ability to believe and think anything we want. I constantly remind myself that, because what you think about does have an impact on what you do. That concept is what I try to incorporate into my life and in the decisions and choices I make.

4. Explain the Q&A Method of Solving Life's problems that you mention in your book.

Without going into great detail, the Q&A Method is about organizing, prioritizing, and analyzing any problem that you may be experiencing. It's about asking a question and proving an answer. Think about it as being your own psychiatrist. It's a step by step process on how to get an understanding into just about any problem you may be going through.

5. Tell me two interesting things about you, which may not be well known to others?

I'm an only child and I grew up in a very strict and religious home environment.

6. How are you doing things differently from others in your field?

I'm very passionate about my career as an author and writer and I truly believe it's my destiny to make a difference in the world through my writing. Even if someone gave me a billion dollars today, I'd still write frequently and continue to want to publish books.

Having written a mystery novel, co-wrote an inspirational book, written a non-fiction self-help book, wrote a contemporary romance ebook, write poetry which has been published in various anthologies and online, and currently write local political articles for a local news source, I must be at least one of the most versatile writers. I enjoy writing in various genres.

7. What do you hope to accomplish with this book?

I truly believe this book could benefit many Black women. It has made a major difference in my life. It took about seven years to finish, mostly because it took that long to fully write and talk about the lessons learned. I hope to revolutionize the way Black women think about themselves by talking freely about our lives, and providing tips and solutions that have helped me and other Black women I know. Life is hard enough as it is, so when you add being Black and a woman on top of that, I just hope to provide a positive outlook, and a way to deal and cope with some of the challenges that many Black women face. When writing this book, I learned a lot from others and myself. I think in life it is important to give to others, and this book is my gift to myself, and to Black women everywhere.

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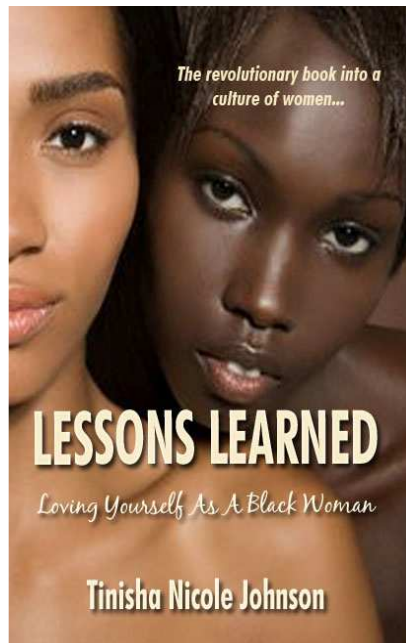
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Reviews of
Lessons Learned: Loving Yourself As A Black Woman



“This is a must read that is sure to change the way Black women view themselves and their place in this world. I highly recommend this book.”

– Linda R. Herman, Author of *Consequences*

“This book serves as a gateway to true healing.”

– Elissa Gabrielle, Author and Publisher

“Tinisha Nicole Johnson has set the stage for us as Black women.”

– Allyson M. Deese, co-author of *Somebody Prayed for Me*

“...so very relevant to today's women, especially today's Black Women.”

– Marie Antionette, Author of *A Girl Named Job*

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