



## Changing the Norm: A Black Woman's Guide to Eating, Feeling and Looking Her Best (Paperback)

By Laticia Action Jackson

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. There s an overabundance of health, fitness and nutrition books available for today s consumer. However, few of these books identify the unique barriers and challenges African American women face in the areas of weight loss, proper nutrition, healthy living, stress management, hair care barriers to exercise and much more. Why Changing The Norm? There s an alarming amount of data that supports the need for a book like Changing the Norm. According to the Centers for Disease Control 4 out of 5 African American women are obese and 1 out of 4 African American women over the age of 55 have type 2 diabetes. Obesity has been linked to chronic illnesses such as heart disease, hypertension, stroke and some forms of cancer. Each of these identified chronic illnesses affects African American women at higher rates when compared to all other races and ethnicities. It s Time to Change the Norm! Therefore in order to address these issues, Health and Fitness Expert, Fitness Olympian, In Weekly s Best Personal Trainer on The Gulf Coast, Laticia Action Jackson provides African American women...



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