



Shh...No More: Be Free & Live Life

Amina B. McWhirter

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Empower, Encourage and Enhance Your Well-Being Women have come a long way....more educated, more successful, CEO's, vice presidents of corporations, entrepreneurs and more. Nevertheless, many women feel that their voices STILL are not being heard – not being heard by their families, co- workers, spouses and others. Research shows that many women live life unhappy and stressed, and no one knows. Author Amina B. McWhirter wants to help women know that they are not alone - their voice and feelings matter! There is a high percentage of women hurting and frustrated. Some are afraid to talk about it or think people will make light of their situation. Amina wants to break the silence on issues that women are experiencing; especially issues of abuse, relationship problems and other things that may be causing unhappiness. Drawing on her own experiences, Amina describes how she has learned to protect her happiness. She gives hope to the reader through affirmations, empowerment and awareness.

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