

BEAUTIFUL YOU

A NEWSLETTER OF MONTHLY GOODNESS

JULY 2019 • ISSUE 2 • VOLUME 2

AFFIRMATIONS

Affirmations are like silhouettes...
It holds potential it stands out...
Every word comes from the heart...
It sticks to the core of the soul...
It has presence in the moment like mindfulness...
Affirmations are like tunes to a piano with notes...
You could be drowning inside...
Buts the words that come to life while you write make you float...
The words can be long or deep...
Or short and sweet...
Waves in rhythm...
The pace of a heart beat...
It is refreshing as delicate tea...
Writing them down on paper boost self-esteem...
Wise words...
Affirmations are definitions to soul beats...
Gazing in the sky the affirmations is in alignment with the sun...
A glorious gift of words...
Settling in the dust leaving prints...
Because it is you that it has touched...

Natashia Evette Hagans (aka Issa Flower)
Featured Poet



AUTHENTIC CONNECTIONS: DEVELOPING INTIMATE RELATIONSHIPS (E-BOOK)

Authenticity is a prerequisite to intimacy.

There are many layers to authentic connections, communication being only part of it. Authenticity is a learned skill that needs to be nurtured and reinforced.

Unfortunately, most of us do not learn to relate authentically as children. Learning this as an adult usually requires more internal work than most would recognize. It requires some risks, but it is so worth it.

Authentic connections require several elements:...[click here to read more!](#)



HEY BEAUTIFUL, I'M ANDRENEE!

IT IS SUCH AN HONOR TO SHARE
THIS DIGITAL SPACE OF
GOODNESS WITH YOU!

I BELIEVE THE DIVINE BROUGHT
US TOGETHER AND THAT
SOMETHING AMAZING IS WAITING
TO MANIFEST IN YOUR
LIFE...RIGHT NOW!

IT IS MY INTENTION TO PROVIDE
CONTENT THAT WILL ASSIST YOU
WITH THE MASTERING OF YOUR
OWN KIND OF BEAUTIFUL!

SHARE THIS NEWSLETTER WITH
YOUR FRIENDS, AND LET'S GET IT
ON!



Andrene Brathe
MasterLife Strategist | Speaker



THE BALANCED ROAD TO CREATING LONG LASTING RELATIONSHIPS

Any relationship can enrich your life, but there's something special about old friends. They remind you of your roots and show you how you've evolved. They know you inside and out, and they still love and accept you.

While it's wise to let some friendships go, **some relationships end only because they didn't receive enough nurturing**. If you'd like to build more long-lasting friendships, take a look at these suggestions. Try these strategies to raise your self-esteem:

Learning to Give

While there are usually days when each of us winds up giving or taking more, sustainable connections tend to balance out over time. Generosity is more beneficial when it's a two-way street.

Consider these ideas for giving:

Pay attention. Listen closely to what your friend has to say. Make eye contact, nod, and ask relevant questions. Resist the urge to interrupt or offer advice when your friend may just want to be heard.

Express appreciation. Let your friends know how much you care about them. Tell them how they make a difference in your life. Show affection with hugs and gifts.

Be kind. Think about what you can do to make your friend smile. Surprise them with an invitation to their favorite restaurant for a weekend brunch. Tell them their new haircut makes them look like a movie star.

Make plans. Take turns with organizing movie nights and coffee dates. **Friendships last longer when you both take responsibility for getting together.**

Earn trust. Live up to your commitments. If you say you're going to drive your friend to the dentist, be there on time.

Learning to Take

Conflicts sometimes happen because one friend thinks the other is taking too much. However, receiving is part of a healthy friendship.



(CONTINUED) THE BALANCED ROAD TO CREATING LONG LASTING RELATIONSHIPS

These tips will help you receive benefits with grace:

Ask for help. Reach out when you're feeling low. Ask for what you need, whether it's a shoulder to cry on or a pep talk.

Accept favors. Be grateful when your friend does something to help you out. Thank them for bringing you groceries when you have the flu.

Savor compliments. Respond to compliments graciously. **Smile and thank your friend instead of being dismissive.**

Share your feelings. Friends know how to be there for each other. While you want to avoid monopolizing the spotlight, you can feel comfortable calling them when you need to talk about a breakup or a disagreement with your boss.

Other Tips for Building Long-Term Friendships

Keeping close friends takes work, but it's something that you can fit into your schedule if you make it a priority. Studies show that a strong social circle may increase your lifespan and make you happier and healthier.

Try these tips to further nurture your friendship:

Apologize promptly. Acknowledge your mistakes and ask your friend for forgiveness when you let them down. Find a way to make it up to them even if it just means avoiding the same misstep again.

Resolve conflicts. Just like family, close friends may have clashes because they have so much invested in each other. **Deal with issues directly and respectfully rather than letting them fester.**

Pursue common interests. It's easier to find time to get together when you pick activities that are already part of your routine. Visit art museums together or take the same spinning class.

Stay in touch. If other obligations are coming between you, **carve out a few minutes to stay connected.** Make a quick call or send a text until you're able to plan something more significant.

Just being in the same place may be enough to strike up a connection, but lasting friendships require a balanced approach to giving and taking. When you know how to cultivate strong relationships, you're more likely to enjoy friendships that stand the test of time.



Join a *tribe* called Beautiful



Nyasia Tucker

*Click here for Nyasia's
experience*



Cara L. Miller

*Click here for Cara's
experience*

**CLICK HERE TO JOIN
FACEBOOK GROUP**



NEVER BE ALONE: FIND & JOIN A COMMUNITY OF LIKE-MINDED PEOPLE (BLOGPOST)

One difference between most of North America and the rest of the world is our propensity for isolation and independence. Most of us have less interest in our friends and family than people do in other countries.

For example, we have nursing homes and retirement communities. People in other countries are shocked that we don't want our aging grandparents, parents, aunts, and uncles to live with us for the rest of their lives.

We're still social creatures and require a community of people in order to thrive. It's also nice to have help if you break your leg or need a lift to the grocery store. Having someone to talk to would be a good thing, too.

Consider these ideas to develop your personal community ([click here to read more](#))



I NUTURE THE RELATIONSHIPS THAT ARE MOST IMPORTANT TO ME

The most important relationships in my life hold a special place in my heart. These relationships are healthy and strong. I feel free to share my feelings without retribution or rejection.

Relationships have many purposes, and one of them is to understand myself better.

I learn a lot about myself through my relationships. I know how patient and loving I am. I know what I am capable of forgiving. I know how much love I can receive. I know how much betrayal I can withstand.

I strengthen and preserve my relationships by focusing on communication, appreciation, and understanding.

Trust and communication are the most important parts of a relationship. With these two things, a relationship can survive anything. Without them, there is little hope for success.

I am able to let go of the relationships that fail to be a positive influence in my life. When I allow these relationships to persist, they negatively impact my other relationships. It can be challenging to let go of these relationships, but I am able to do it when necessary.

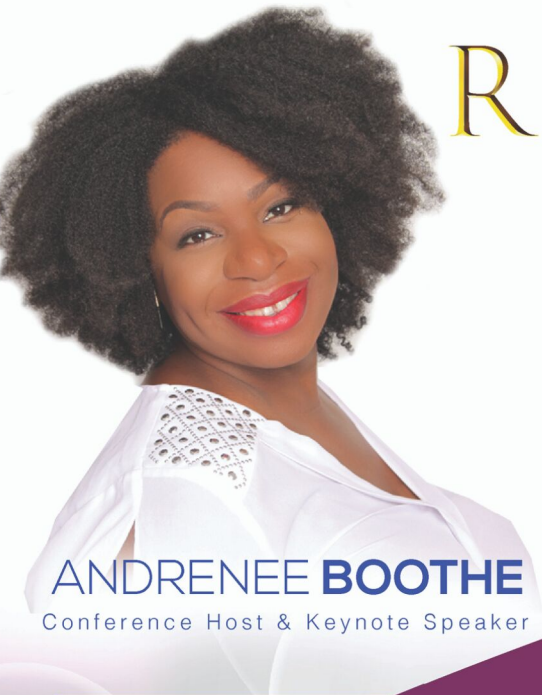
Today, I give my most important relationships a very high priority in my life. I remind myself of how much these relationships mean to me. I nurture the relationships that are most important to me.

ANDRENEE'S CORNER PRESENTS

Beautiful You

C O N F E R E N C E

REVEAL HER



ANDRENEE BOOTHE

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DR. UNDRAI FIZER



Speaker:

DR. DORAL R. PULLEY

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Beautiful Empowerment



AUDIO LINK



VIDEO LINK



RESOURCES





Tamaracell-Davis,
the Mastermind behind the CEO Wife brand.
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publishing their own book by leveraging their expertise and
building a business with it!

<https://www.theceowife.com>
<https://www.facebook.com/theceowife/>

Beautiful Writing

Women are valuable treasures to God. He esteems them equal in importance and worth to me. No matter their social or economic status, cultural background or ethnicity. God loves women!

Whether you are a woman who has lived a life pleasing to God, or one whose actions have been questionable and/or unfavorable, "Living With Expectation" brings a message of love and hope...the message that Jesus is ready to receive us no matter who we are at life. Take a look inside this book to discover how Jesus really sees you and find the courage you need to live a life of expectation.

Cost: \$15.00 (includes shipping & handling):

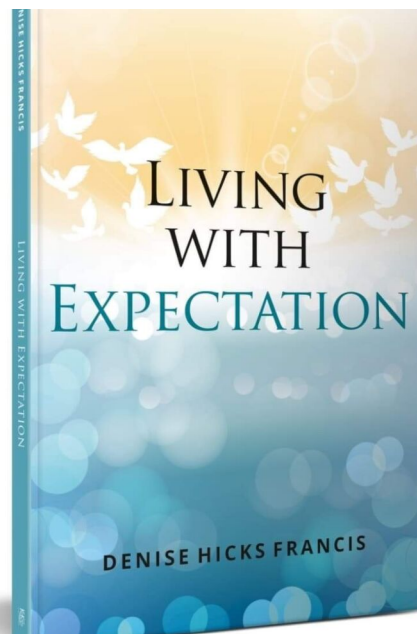
<https://www.livingwithexpectation.com>

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Beautiful Mind



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Beautiful Hair



Feed your skin with our thick, rich moisturizing body butter. It penetrates deep to rejuvenate and nourish the skin without feeling overly greasy. Great on even those driest of skin areas: feet, elbows, knees, daily hand moisturizer. Amazing after shaving your legs and eyebrows. You will never use regular body lotion again after trying this.

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Beautiful Skin



Beautiful

Andrea Taylor

MADE IT



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Music



MANE MOMENTS

...on-screen stylings

Hair trends aren't just born in the salons. More often than not, you can spot major mane trends sprouting on screen—in the movies we see, the TV shows we watch. Here are a few faves from the past year...



STAR... Debuting in the role of... owner "Carlotta Brown" on... drama STAR, Queen... with her...



...by Candice Carpio. Nappy Hair (2) by T...





SHAQUAN HOKE, BEYOND A JOB, INC., AND DAVIDSON COMMUNITY CENTER ARE SERVING 300 WOMEN WITH GIFTS, MONEY & HOPE THIS WINTER!

GIVE

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PACKAGES CONTAINING:

- Toothbrush
- Toothpaste
- Soap
- Feminine Hygienic Products
- Comb/Brush
- Shampoo & Conditioner
- Socks
- Deodorant



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AND PARTNERS TO HELP
THE HOMELESS.

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Beautiful



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Boss

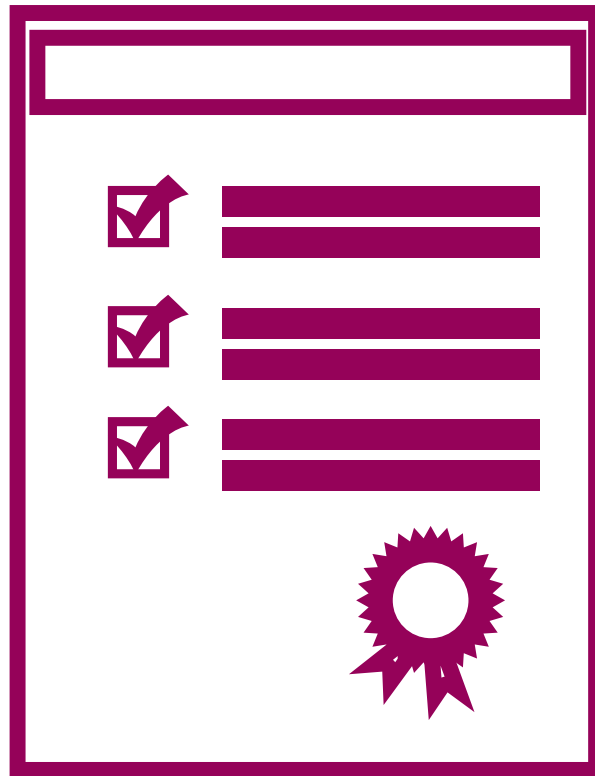


Beautiful You

MEMBERSHIP
WITH MASTER COACH ANDRENEE

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Your voice matters to us!
Tell us what you desire to see in
our next issue. We are here to serve YOU!

[Click Here to Complete Survey & Questionnaire](#)

Feedback



ENROLL IN OUR ECOURSES

THE BEAUTIFUL YOU EXPERIENCE

Learning to live your life authentically is a process. This course takes you through that process on an introspective journey that will result in newfound self-awareness, self-confidence, and the courage to create a life that truly makes you happy.

THE BEAUTIFUL YOU SELF-LOVE ECOURSE

Self-Love E-course for the on-the-go mom as a resource to strengthen the love that she has for herself so she can be her best for her child(ren). This E-course is loaded with tools to help the busy mom lead a happy and fulfilled life!

THE BEAUTIFUL YOU 5-DAY CHALLENGE

This challenge will guide you through simple actions you can take every day that will increase both your confidence and self-esteem.

FLY & FEARLESS AT FORTY 3 PART VIDEO SERIES

Join Andreena Boothe in this Brand New 3 Part Video Series. In this FREE 3-Part Video Series, Andreena shares how she shifted from being Fearful to being Fly & Fearless, as she celebrates Forty years of life.

Thank You for
being beautiful!



www.andrenee.com