

## I AM WOMAN RISEHER

## I am her.

Born and raised in Chicago, Illinois, Joyce Jennings is a US Navy Veteran, Established Author, Community-oriented Leader, and Advocate who serves as an embodiment of vitality to many. Joyce is an alumnus of the Chicago Public Schools. She attended Northern Illinois University but graduated from DeVry, Chicago, with a Bachelor's degree in Computer Information Systems. Joyce has fourteen years of exceptional experience serving her country in the US Navy Reserves. During this time, she was deployed to serve in several places and countries, including Iraq.

Joyce is an Activist who strongly believes in standing up for the rights of people. Joyce is mostly inspired by the saying, "I'm no longer a victim but a survivor. I'm breaking those chains of poverty, codependency, shame, and worthlessness by telling my story. I am an unapologetic Black woman."

Playing a vital role as an advocate, she has participated in several of the Black Lives Matter protests. Joyce is an active member of the National Organization for Women and the NAACP. As someone who enjoys giving back to the community, she is a proud member of Zeta Phi Beta Sorority, Inc. many accomplishments in Aside from her community services, Joyce is also a Writer and she published her 1st book, "Bad Company Damages Spiritual Growth." In this personal and instructional book, Joyce guides people in identifying toxic people in their lives and provides ways to deal with them. She has also been a contributing Author for several other books





JOYCE JENNINGS

## I AM WOMAN WORDS TO LIVE BY

Your mind, spirit and mental well-being is the foundation to a healthy long life. It begins with self-care and self-respect, and will help reduce and eliminate stress; with a huge impact on your physical or overall health.

Start each day reading scriptures and/or affirmations and apply to your daily life.

Enter into a personal relationship with your higher power. Truly accept and understand that you are loved and protection is always encamped about you.

Know that there are very few coincidences that happen in life. Everything happens for a reason. There is a reason and season for all things. Although life may have many uncertainties, place your assurance and trust in God knowing that all will work in your favor.

Surround yourself with people that genuinely care and love you for the person you are.

Do not waste your time, energy, money or resources trying to prove, impress or win any one's attention.

You are worthy and are valued, remember this.