

No One Is Coming To the Rescue

The secret behind why so many women are making worth-less choices

Berkeley, CA, April 14, 2009- Author Ameerah-Alisande` pops the lid off the secret “cauldron of worth” and dishes up 7 hearty servings of self-esteem, healing, courage, and worth within her new book. “Over the years it has become quite clear to me that most women have no clue why they were created. It seems we often look to relationships, fame, careers, outer beauty, money, and various superficial outside conditions to complete our sense of worth.” Ameerah recognizes this and is sending out a warning to women everywhere in the form of this heartfelt contemporary guide. Selected by PalermoBooks.com as it’s 2009 Book of the Year, *No One Is Coming To the Rescue: Lessons learned on growth and self-esteem for women of all ages* (\$19.95 paperback 978-0-615-28350-0) delivers a much needed fresh and inspiring reality check on how individual choices can liberate women from a flourishing epidemic of low self-esteem.

Though the book exposes concrete practical ways for women to adopt new habits it was clearly designed not only to equip but further speaks to encourage females to rely on themselves and their Creator if they want to avoid esteem disaster. From depicting the gritty emotion of a humiliating heartbreak to providing honest steps towards seeking God, readers are guided hand in hand towards loving themselves.

“Exposing your soul and chronicling your journey to authentic self-esteem is difficult. This book will serve as a means to cleanse past wounds and purge encouragement. I pray that girls everywhere will see their potential, recognize inner strength, release fear, and ultimately take control of their life choices. The first step in any of that is self-esteem. My message remains the same, ladies we are worth it.”

Albert Middlebrooks, of PalermoBooks.com, says “...Tell me, have you ever been so impressed with a reading that you earnestly felt the sincerity of the message and the girth of the authors insight? If not, or even if so, you would gain much by this authors content and wide scope of knowledge as she presents to our much needed society. Bravo, three times!”

Order your copy today while supplies last <http://www.AmeerahAlisande.net> OR send check/money order payable to Ameerah Alisande Middlebrooks 2124 Kittredge St. suite 47, Berkeley, CA 94704.

-end-