

# Stephanie Small – Book Sample Chapter

## **Black Girl's Guide to Winning at Love & Life** **Dating, Relationship & Self-Help for Single Sisters** By Stephanie Small

### **Chapter 1 – Intro Excerpt**

Now pay attention. I've been alive long enough, seen enough of the world, and observed enough of life in the big city to know without a doubt that other races of women are slaughtering us in the dating game. Black women are lying face down by the side of the road with tread marks on our asses. I've read articles by overconfident women who claim to have taken away black men. I don't think this is necessarily true. I think in some instances black women have given them away, and even run them away. Perhaps our competition has just become too fierce. That isn't to say that we can't succeed in this secret war we're fighting. A great coach points out his team's weaknesses. This book is going to do just that, making it impossible for us to lose. Before I go any further, I think it's important for the reader to have some background information about the author. As you've guessed by now, I'm black. I'm also attractive, above thirty, and a double-degree-holding Psychology and English graduate on the dating scene. By profession I'm a Training Strategy Specialist dealing specifically in professional development education and a college lecturer. I'm a single professional woman living and working in New York City.

In High School I was voted most likely to become a black activist. After I discovered Malcolm X at the age of 17, I was enamored by black history and culture. I fought, argued and debated anything and everything having to do with the black race. I had my red, black, and green necklace and my Power-To-The-People t-shirt. I wore it all the time. I was so black-involved that it started to take over my life. I was angry. Black people weren't progressing as fast as I wanted them to and I found it depressing. For my own sanity, I had to let go and let flow. But close to two decades later I've taken up the torch again for the sake of the sistahs. I've tried to stay out of it for my own mental health, but I couldn't do it. The plight of black women was too dire for me to sit on the sidelines and do nothing. My opinion now, as it was then, is that black women are the most incredible women

on the planet. I believe this with all my heart, although by the end of this book many black women may be downright angry and generally outraged. They will question my assertions. I will be the topic on The Wendy Williams Show as the anti-black woman and self-hater—all untrue.

My main goal in life is to empower black women, open their eyes, and provide them with the information and knowledge they're lacking. If you can find the gaps, then you can fill them. I'm the mirror to black women, and I'm going to force them to see themselves. A good gambler only bets to win. All my money is on Black. We can do better. In the race of life, I'm here to see that we cross the finish line first. I've described other races of women as an obstacle to overcome, yes, but although I will make many references to other women, specifically white women in this book, it isn't really about them. It's about us—black women. The white girl is used as a case study, a comparative analysis tool. If I focused all my attention on them, in what way would that help black women improve their lives? No way at all. I would be doing a disservice to the black women who bought this book seeking answers, insights and strategies. So if you're flipping through this book in the checkout line in the bookstore searching for the part where I say all white women are evil, then put the book down and walk away. This isn't for you. Again, it's not about them. The cards are stacked against women of color. I wish I could wave a wand and even the score, but life doesn't work that way. The reality is that the state of the world we live in will not change overnight. I can do nothing about the history of America and racial relations in this country. All I can do is help women understand themselves, understand the competition and give them tools they can use to fight for what they want.

This book will help black women find love, find themselves and help us find our way back to happiness one healthy and happy black female at a time. To make this happen, I will talk about the **Five B's** that I consider warfare tactics necessary to rescue black women from the dating pit of death. These are five steps to self-improvement and enlightenment. The knowledge imbedded in these Five B's are critical. Every black woman must understand and embrace these steps in order to rescue herself from failed relationships. To understand the game of love and the black woman's place in it, it's important to realize that inherent in the game are certain biases.

B number one—**Bias** has made dating up until this point difficult for black women. Unless you've been living under a rock, most black women should be partly aware of these biases and their effects. These are the biases that make perfectly eligible men take one look at you and walk away deeming you a dating high-risk based on color alone. You may be born the perfect woman with the body of Janet Jackson when she's fit, the intellect of Michelle Obama and the bankroll of Oprah Winfrey and still be found lacking. There is an inherent bias against black woman that must be fought against. But you cannot take up arms and charge into battle unprepared. The problem of bias must be analyzed and dissected before it can be solved. The deck is stacked against you girlfriend, accept it and fight on.

B number two—**Brainwashing** has been affecting how we see ourselves as black women and how the world sees us. It began with our preference for the white doll with the long blonde hair. It started when we saw shapeless asexual black women on television playing nannies and maids or depicted as prostitutes and whores. It started with never seeing ourselves reflected as we truly are. To understand how to fight against the monster in our head that says we aren't good enough, black women must first realize they've been brainwashed.

The third B—**Beauty** examines our *Black is Beautiful* mantra. The African-American beauty industry is a billion dollar machine. Women of color spend exorbitant amounts of money on their hair, their clothes and their cribs. To be considered beautiful we've changed our outward appearance with weaves and wardrobes but failed to address the beauty on the inside. It has blinded us to the reality that we can improve ourselves and change our lives, not just our looks. To understand how to catch and keep a man, it's important to understand the construct of beauty. The skewed ideology of black beauty has blinded and terrified us and stalled our quest for change.

B number four—**Baggage** suggests that black women must release the baggage we carry around based on generations of heartbreak and disappointment. Unless we free ourselves, we will never be able to break free of negativity. It's our job and duty to release old hurts and pains and approach every day as brand new. Without the belief in dreams, the dream man will never present himself; life for black women will never get better.

The last B—**Better** acknowledges that every race is making strides to do better, and the black race has made the most strides of all. We have risen from the lowest point on the totem pole to be relevant in the game. We've made progress, but we can do better. Black women can improve their relationships with black men by improving their relationships with themselves. Our unaddressed pain has resulted in a race of women who are perpetually angry, aggravated and emotionally abused. To let the love flow in us, and through us, it's important to address the circumstances that have shaped our lives.

We can improve; we just need to be shown how. So listen up as I explore these Five B's in detail. There will be some pain involved in the telling, but nothing worth doing is ever easy. This way, please.

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