

Angela Brister

Author | Speaker | Women's Empowerment Expert

GUEST INTRO (RECOMMENDED)

Angela Brister is an author, speaker and black women's empowerment expert. She hosts workshops that help black women unlearn old habits so they can get through challenges, reach higher heights and excel in every endeavor they undertake. Her book is entitled: ***Black Women, Just Get Your Hair Wet!***

RECOMMENDED QUESTIONS

- Why are black women so damn mad in the first place and what we can do about it?
- What do you mean when you say that black women be willing to “get their hair wet?”
- What about your story? You share in the book how you came close to suicide due to severe depression and anger. What was your experience? WHY are you sharing it now?
- Why do you think black women are psychotic?
- What are the top 5 things women can do to power through feelings of doubt, fear and low self-worth to achieve their most audacious goals.
- How can we stop the cycle of generational depression so that our daughters won't make the same mistakes.
- What can black women do to set a better example for girls?

www.AngelaBrister.com