

HEART & SOUL RECOMMENDS:

● **My Times in Black and White** is the inspiring memoir by Gerald M. Boyd, the first black managing editor of the New York Times. Poised to lead the paper, Boyd was forced to resign after the Jayson Blair plagiarism scandal and died soon thereafter.



WORK IT:

**Download & Sweat**

The pulsating beats and empowering lyrics in **Rihanna's** anthem "Hard" will help you add five more minutes to your elliptical workout or make it up the the steepest hill of your run.

**Take a Laugh Break**

**Q** I'm feeling blue. What do you recommend for a quick pick-me-up?

**A** Relax, relate and release by laughing until your sides hurt with the DVD of Wanda Sykes' second HBO comedy special, "I'ma Be Me." Live



from Washington, D.C., and edgier than ever, Sykes holds nothing back as she riffs on the perks of having a

black president, coming out, getting married, motherhood, aging and 21st century pirates.

**Fall in Love Again**

**G**et all lovey-dovey at the star-studded "Valentine's Day" movie, which features a slew of celebs, including Queen Latifah and Jamie Foxx, who plays a sportscaster assigned to do a story about love on Valentine's Day for his station.



**GIRLS' NIGHT IN**

Set out Cosmopolitans and boxes of tissue to watch the five best chick flicks guaranteed to make you swoon and cry:

- 1 **Love and Basketball** – Sanaa Lathan literally gives her all to Omar Epps. Competing with your man is the sexiest thing imaginable, especially when it comes to collecting the prize.
- 2 **Carmen** – Even bad luck couldn't keep the late Dorothy Dandridge and Harry Belafonte's passion from burning.

- 3 **Waiting to Exhale** – You know you've wanted to pull an Angela Bassett and set your man's car on fire, with all his clothes in it.
- 4 **Love Jones** – Larenz Tate is the blues in Nia Long's left thigh trying to become the funk in her right. Keep it right there, Larenz.
- 5 **Boomerang** – Mix sweet Halle Berry and vixen Robin Givens, and keep your Eddie Murphy guessing. Keep away from grunting Grace Jones and growling Eartha Kitt. You want your man frisky for you not fleeing from you.

**Up Your Professional Game**

Here are some great resources to get (or keep) your career on track.

- Elaine Meryl Brown, Marsha Haygood and Rhonda Joy McClean are mentors in your pocket in **The Little Black Book of Success: Laws of Leadership for Black Women**, which explores tidbits like "consider yourself a VIP," "know your value," "communicate like a leader" and "reach back and bring others along."
- Win at work-life balance in the midst of radical global and

technological change in **Career GPS: Strategies for Women Navigating the New Corporate Landscape** by Ella L.J. Edmonson Bell with Linda Villarosa.

- Don't give in to the office blues. Change your attitude with hundreds of great tips and tricks for organizing, connecting with colleagues and making positive changes in your workplace in **Making Peace With Your Office Life** by Cindy Glovinsky.
- **The Go-Getter Girl's Guide**

**Stay on Track** Can't remember the last time your monthly visitor showed up or how long it stayed? **Period** lets you track flow levels, cramp severity and 33 moods. Color code fertile days with **Period Tracker** and rate backaches, bloating and tender breasts. Bonus: Both apps let you track intimate days.

**Keep It Tight**

**N**ow, you may get annoyed with **Kelsie Daniels'** tireless grin, boundless enthusiasm and the way she never huffs and puffs as she jabs, lifts, crunches and dances you through a fit and fun workout. But you will lose. And best of all, you'll feel great about doing something good for your body.

The best DVDs from one of The Firm's master instructors include:

- **"TransFIRM Your Trouble Zones":** Daniels has you swinging, lifting and pushing a five-pound Kettlebell (included with the DVD) like a pendulum to tone that arm flab and belly jiggle.
- **Pump, Jump 'n' Jab:** Kick start your metabolism and break through your weight-loss plateaus through basic, yet intense kickboxing.
- **The 500 Calorie Workout:** Gotta get in shape fast? Try this high-energy DVD that includes five-minute intervals of power cardio and muscle toning moves with hand weights.



Get your fitness on.

by Debra Shigley provides witty day-to-day tips on everything from office politics and negotiating raises to cultivating mentors and knowing when to quit.

- Lillian Lambert, the first black woman to earn a Harvard MBA, talks strategy in her autobiography, **The Road to Someplace Better: From the Segregated South to Harvard Business School and Beyond**. (Although Lambert ran a \$20 million business, she was once ushered to a kitchen after arriving for a meeting with powerful businesswomen in 1986.) ♥

BOOKS, CDs, DVDs, MOVIES, MUSIC