



# **Prime Time: The African American Woman's Complete Guide to Midlife Health and Wellness**

*Marilyn Gaston, Gayle K. Porter*

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Today seven million African American women are living in their prime, experiencing the joys, the challenges, and the opportunities of middle age. Now, at last, here is the book that specifically addresses our total health needs--physical, emotional, and spiritual. Written by a distinguished physician and clinical psychologist, Prime Time is the first complete guide that empowers us to take charge of our lives and attain the well-being we deserve.

In many ways, it's true that we are better off today than our foremothers were: We earn more money, command more respect. Yet in spite of these advances, we still experience more chronic health problems, endure more stress, and live shorter lives than women of other races. That's why Prime Time is both urgent and essential. This groundbreaking book not only lays out a detailed, practical plan for overall healing and for maintaining wellness, it also addresses the underlying attitudes and assumptions that lead so many of us to neglect ourselves and undermine our own health.

It's time for us as African American women at midlife to start putting ourselves first. We can save our own lives and stop ourselves from dying too soon. To do this, we each need to acquire up-to-the-minute information about our unique health concerns, adjust our diet and exercise program, and use the "power of prevention" to improve the quality of daily life. Prime Time helps you do all this and more by combining both traditional medicine and a holistic approach. It covers the full range of health options you can incorporate into your life, starting now--including self-tests and quizzes that reveal your health profile and vital tips on dealing with the often-overwhelming health-care system.

A central section on the Big Four--heart disease, stroke, cancer, and diabetes--explores why black women run a high risk of developing these conditions, why they so often go undetected and untreated, and what we can do about them. Prime Time also deals powerfully and directly with the psychological and spiritual issues that stand in the way of our true well-being. Historically, African American women have been expected to function as "strong black women" to overcome the harsh realities with which we've been confronted. Anger and "attitude" have often become part of our protective shield. Prime Time provides sensible, usable, and even enjoyable methods you can employ to overcome anxiety and other negative moods, channel anger in life-affirming ways, and find "Prime Time Sisters" to share this wonderful journey with you.

Comprehensive, straight-talking, and grounded in science and spiritual truth, Prime Time is at once a guide to total health in middle age and a celebration of the strength, wisdom, and beauty of African American women in their second half of life.

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