

# **THE MIDWEST BOOK REVIEW**

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**Life's Spices from Seasoned Sistahs: a Collection of Life Stories from Mature Women of Color**

**Vicki Ward**

**Nubian Images Publishing**

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## **Very Highly Recommended**

**Vicki Ward, the editor of this anthology of women of color, is also the publisher of this exciting book. Visit her site at [www.nubianimagespublishing.com](http://www.nubianimagespublishing.com) to learn more about her company.**

**Life's Spices from Seasoned Sistahs is divided into eight themes each one comprising a number of stories all written by mature women of color. In the foreword of the book, Gail P. Mason tells the readers why this anthology is 'a wonderful step in the direction of sister bonding; an antidote for solitary thinking.'**

**The two first themes deal with Sistahs' Joys and life's Pain. Sandy Kay's story on Menopause is both interesting and hilarious, while Carole McDonnell's story on racism will give readers food for thought. Next, themes 3 and 4 deal with Love and other feelings. There, at the Rebirth of a Woman, one cannot help feeling the poet's passion and despair, and ultimate liberation at the end of the poem. Self-esteem and Surviving are two more themes included that will attract the interest of the readers. 'Breaking the Silence' is a story about rape that will greatly appeal to the audience and encourage positive thinking.**

**This book is an exciting combination of prose and poetry that touches the readers' inner chords with the writers' life experiences. The authors share their emotional struggles with the readers via their heart-felt true stories. Most writings are hilarious, others are just overwhelming, but every single story is unique. This book is a real page turner! At the back of the book there are 3 Appendices displaying the Author bios, Resources for women and Online Resources for Writers.**

**Life's Spices from Seasoned Sistahs is a good read that is inspirational, enjoyable and touching. It caters to all women regardless of age or color and is an original piece of art that intends to unite women worldwide despite their cultural differences.**