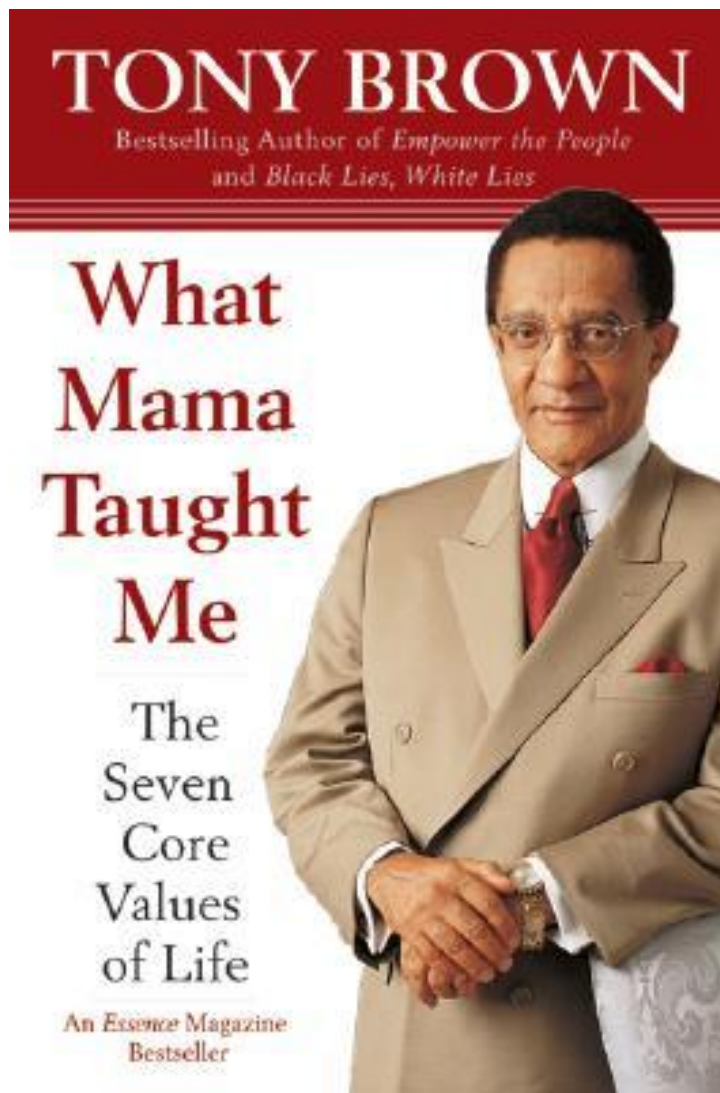


What Mama Taught Me: The Seven Core Values of Life



Title: **What Mama Taught Me: The Seven Core Values of Life**

Author: **Tony Brown**

Goodreads Rating: **2.8**

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Millions of viewers of Tony Brown's Journal, the longest-running series on PBS, know Tony Brown as an advocate for self-reliance and self-enrichment. Now, in his most personal book yet, he introduces us to the woman who brought him up and taught him the seven core values he lives by to this day: reality, knowledge, race, history, truth, patience, and love. What Mama Taught Me states that only by understanding one's place in the world can one become free in mind and spirit, which is the path to true success. Brown argues that by following other people's rules, we betray ourselves and our desires, resulting in a vicious cycle of disconnection, unhappiness, and spiritual death. Enhanced by the homespun storytelling he heard as a child, this is Brown's personal recipe for achievement, imparting values that provide a blueprint for reaching success and happiness -- on one's own terms. Scoff at me, call my old fashion. But mama was, and is, and has always been my calling. It has been the one thing I have striven for from the get go. Free family heritage papers, essays, and research papers. OLLI Courses - Spring Semester 2018.

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This article was sent. I wanted to write a post for those of you who are barely making it, and are so dreading the return to school the following morning that you can't even. Share the legacy of your fallen hero by adding your loved one to the Grateful Nation Memorial Hero Wall.

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