



Total Beauty

The Total Makeover Company, LLC

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Welcome!

Hello, I am so glad that you have chosen to continue supporting The Total Makeover and our efforts to enlighten and encourage women. The month of January has been good. Although it started out a bit rough, but it ended well. In January I was faced with issues from my past. It was difficult to face my feelings and emotions. I was numb to the feelings of the past. As I sat to examine my feelings all I felt was a humbling feeling all over. For the first time I was unable to pin point my feelings. I felt no pain, anger, hurt or resentment to that part of my past.

Later after giving it some deep thought I came to the conclusion that the past was over, truly over. I was free. It feels so good to be rid of the hurts of the past, to hurt no more. To become free to live life as it was meant to be, FREE!

Have an awesome day!

Kenya Johnson
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If you have a questions regarding **The Total Makeover**, please feel free to send an email to:
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We Have Overcome

By: Hope Taylor



The Song which states, "We Shall Overcome" has echoed throughout history from the marches in Alabama and Washington D. C. through various Churches in the urban cities that remember and celebrate the accomplishments of Martin Luther King. As for the believers in Christ we must remember that we no longer have to look ahead to some day capturing victory. Revelation 12:11 says, "And they overcame him by the blood of the Lamb, and by the word of their testimony; and they loved not their lives unto the death" (KJV). It is through the blood of Jesus that we are able to overcome the bondage of Satan who causes hatred and racism to arise against another ethnic group.

Yes, we must not forget and give honor to those who have gone before us who suffer violent acts through slavery and injustice. We must remember how they fought even sacrificing their lives not only for their freedom but for our freedom as African-Americans to receive an education, good paying jobs, and for families to stay together. Even so, our pledge of allegiance should not be to the color of our skin whether white or black but to Jesus Christ. "Now thanks be unto God, which always causeth us to triumph...!"

2Corinthians 2:4 (KJV)

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5 Ways to change how you feel about you...

By : Kenya Johnson

#1 Get In Touch With You Body

Hey ladies, I know this first step is going to be a hard one so take a sedative before attempting this project. You may need to stop and take a deep breath. Okay, here goes.....

Close your bedroom door and take a long look at yourself in the mirror with no clothing on. **(Continue to breathe)** Identify once and for all your body image weak points.

What's the root of your problem?

Now find 3 things you actually LIKE about your appearance.

Discover something interesting about yourself?

Did you find those three things?

I would love to hear about it.

Email me the results of your discovery.

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Self-Esteem

Eight steps to positive change

#2 Be Accountable

Being accountable means being responsible and discipline in every area of your life. It means taking responsibilities for your actions, good and bad. It is time out for blaming others for the things that go wrong in your life. Learning how to look at yourself and face your issues.

It also means disciplining yourself in the areas you lack the most discipline. Learning when too much is just too much and never over indulging yourself in things that do not benefit you. Life is what you make it, so make the best of it.

A Man's Perspective

BY: Brian K. Johnson

In this month's article of "From a Man's Perspective" I want to talk to my unmarried sisters about loving themselves and seeing themselves through God's eyes and not a man. You do not need a man to define who you are. God has already given definition to your life when He created you and no man can ever take the place of God. God said that you are fearfully and wonderfully made in His image, therefore, the true definition of who you are is defined in the image of God and not a man.

I see too many of my sisters frustrated and hurt because they don't have a man. They feel that having a man will make them feel fulfilled. They feel the pressure and hear the words of others that look at their singleness as a plague. I say celebrate your singleness, and start loving yourself. The only way a man can truly love you is if you first love you. Be happy with being in your own presence. When you can love yourself and enjoy your time alone and know you are not lonely, is the time when you can be made to be that good thing ready to be found.

I have said all of that knowing this is the month for Valentine's Day. You may desire to be with someone on that road to marriage, however, don't let it be at the cost of a dead beat relationship with a dead beat guy. Hear and listen to God and not your emotions or those who would make you to feel less of a woman because you don't have man. Lastly, as Valentine's Day approaches, if you don't have anyone that will present you with flowers, candy, etc. celebrate your singleness and love yourself and buy your own flowers, candy, and card, look in the mirror and tell yourself "I Love Being Me". Be healed and made whole in Jesus Name.