



# Strengthening Her Essence: A woman's guide to liberation through truth

*Fila McMillan-Antwine*

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**Strengthening Her Essence: A woman's guide to liberation through truth** Fila McMillan-Antwine

Fila McMillan-Antwine is on a mission to help women restore the power, divinity and strength of their essence. She puts a mirror in front of readers and challenges them to take a deep look at their issues. She gives straight and to the point, girlfriend advice with depth. Readers are guided through the process of self awareness and rediscovery. This book is a must read for all women who want to improve their relationships and lives.

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