

# ESSENCE

## Keke

ON BREAKING BARRIERS, HANDLING THE HATERS & OWNING HER SEXY

GET THIN FROM WITHIN HOW TO LOSE THE BAGGAGE & GAIN A NEW OUTLOOK!

25 FEEL GOOD HEALTHY HABITS FOR 2015

WHERE DOES OUR MONEY GO? READERS GET REAL ABOUT SPENDING p. 64


HOT TOPIC THE ONLINE WAR BETWEEN BLACK WOMEN

# STEP INTO YOUR POWER!

- UNLEASH YOUR VISION
- TURN PASSION INTO PROFIT
- GO AFTER YOUR DREAM LIFE

938  
841  
P590  
7322

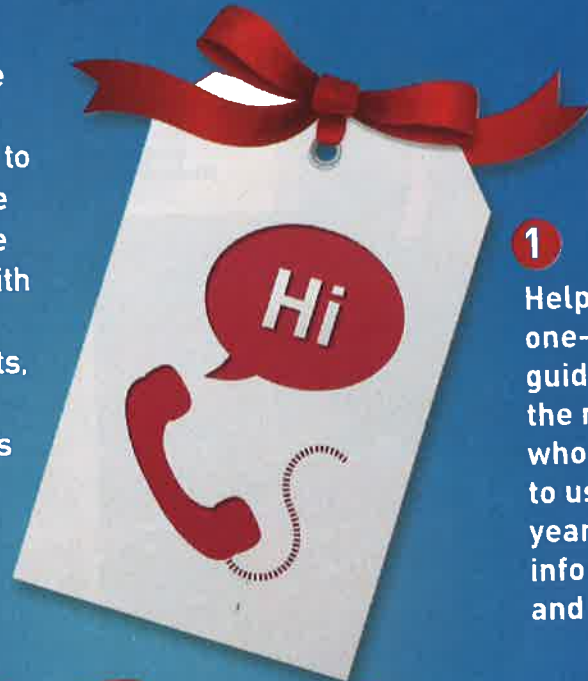
#BXNCGWXF \*\*\*\*\*ECRLOT 0190A\*\*C-003  
#1272 1251 520# EE 550AL00 C FEB16 7322  
SAM BLUM  
26 PINEHURST DR  
TUSCALOOSA AL 35401-1148



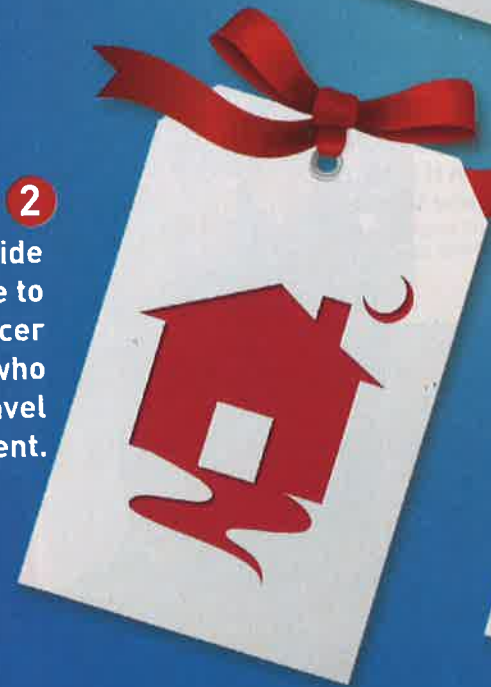
VISIT ESSENCE.COM  
JANUARY 2015

# When you help the American Cancer Society, you help millions.

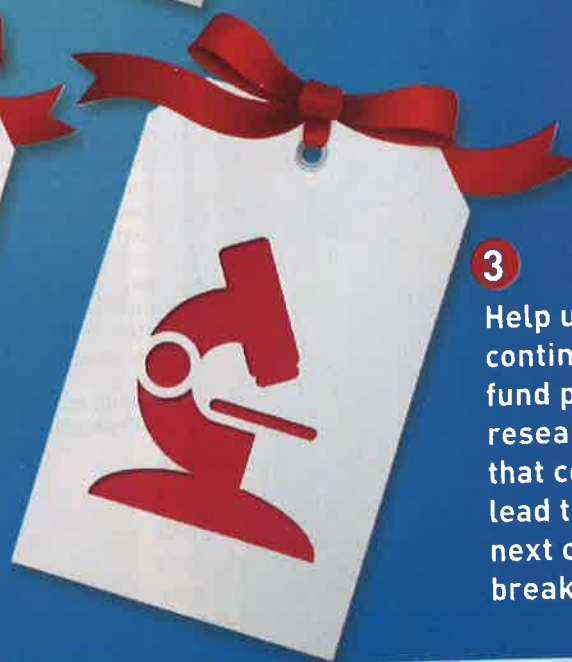
The American Cancer Society leads the fight against cancer on all fronts, from research, to prevention and education, to patient services. Through our work, we provide information, support, and hope to millions. But we can't do it alone. With your help, we can continue to make a difference in the lives of cancer patients, fund potentially lifesaving research, and work to finish the fight against this disease once and for all.



**1** Help us provide one-on-one guidance to the millions who reach out to us every year for cancer information and support.



**2** Help us provide a free place to stay to cancer patients who need to travel for treatment.



**3** Help us continue to fund promising research that could lead to the next cancer breakthrough.



Help us finish the fight against cancer. Donate today at [cancer.org/give](http://cancer.org/give).

“I strongly believe in living with purpose and being transparent with an attitude of gratitude.”

Beth Borden-Goodman  
Breast Cancer Survivor



Overcoming cancer transformed me. I have a new purpose in life – to provide support and hope for others facing cancer and to help the American Cancer Society finish the fight against this disease once and for all.

Join me in living with purpose, and help finish the fight against cancer.



Donate today. [cancer.org/give](http://cancer.org/give)

# Two worlds. One dream.

Singers and Scientists share more than might be expected. Whether it's a breakout melody or a breakthrough in research. When it comes together, everything fits. It can change lives forever. Stand Up To Cancer supports the collaboration, innovation and research that are turning discoveries into viable treatments and possibly, one day, a cure.

Stand up with us. Let your voice make a difference because when we work together, nothing is impossible.



**Genentech**

*A Member of the Roche Group*

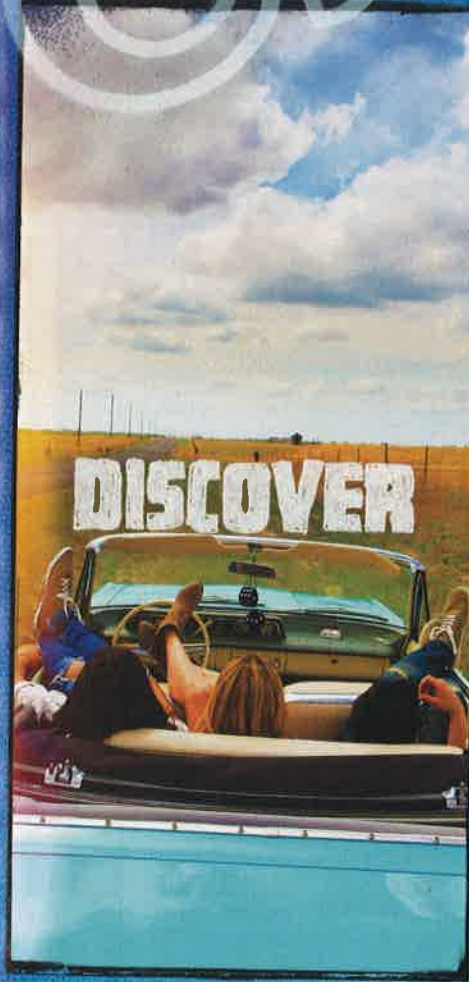
Like, share and join SU2C.  
Find out more at [standup2cancer.org](http://standup2cancer.org)

Jennifer Hudson, Stand Up To Cancer Ambassador

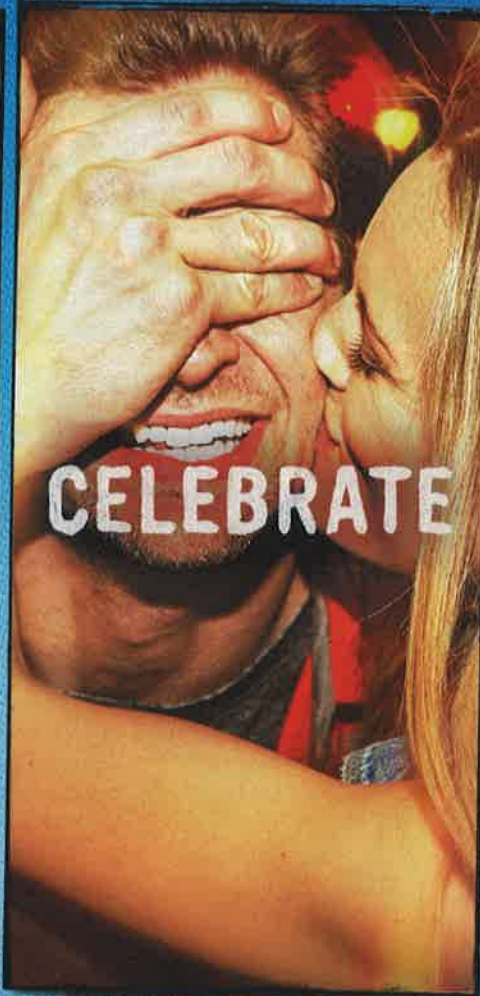
Shiva Malek, Ph.D.

SNUS

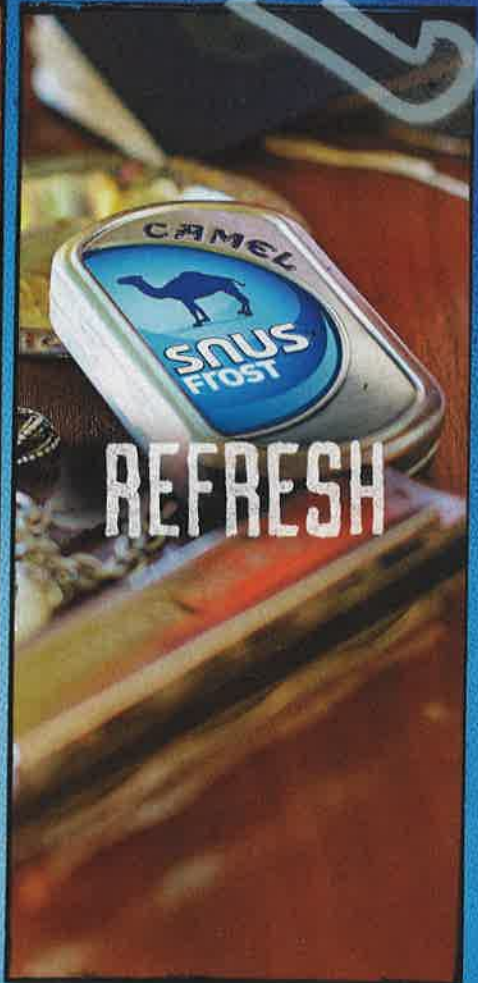
©2015 R.J. REYNOLDS TOBACCO CO.



DISCOVER



CELEBRATE



REFRESH



TASTE IT ALL

**WARNING: This product can cause mouth cancer.**