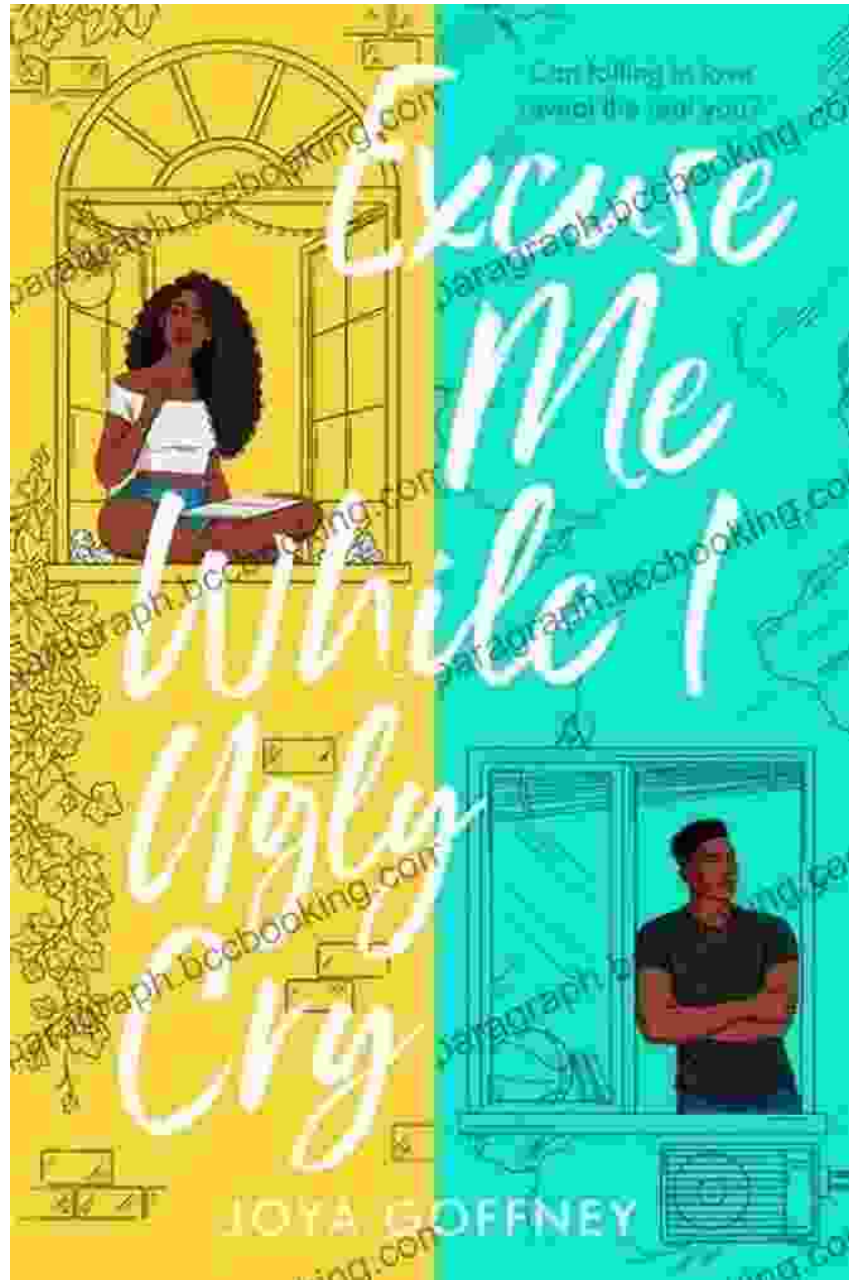


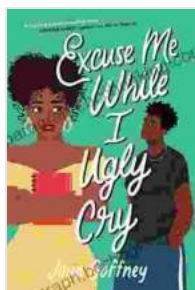
Excuse Me While I Ugly Cry: The Unfiltered Journey of a Woman's Heart



A Memoir That Will Speak to Your Soul

In her highly anticipated memoir, "Excuse Me While I Ugly Cry," award-winning journalist Joya Fields invites you on an intimate journey as she

explores the complexities of modern womanhood with raw honesty and a touch of humor. As she navigates the ups and downs of life, from the joys of motherhood to the challenges of heartbreak and loss, Fields provides a refreshing perspective on what it means to be a woman today.



Excuse Me While I Ugly Cry by Joya Goffney

★★★★☆ 4.6 out of 5

- Language : English
- File size : 1513 KB
- Text-to-Speech : Enabled
- Screen Reader : Supported
- Enhanced typesetting : Enabled
- X-Ray : Enabled
- Print length : 362 pages



Embrace the Power of Female Friendships

Throughout her memoir, Fields highlights the transformative power of female friendships. She shares how her close-knit circle of girlfriends has supported her through life's toughest moments and celebrated her greatest triumphs. Through their shared experiences, laughter, and tears, Fields examines the importance of finding your tribe and how it can empower you to face life's challenges head-on.

Unveiling the Truths of Motherhood

As a working mother, Fields candidly discusses the joys, struggles, and sacrifices that come with raising children. She sheds light on the societal pressures that women often face to balance their careers and families,

while also sharing her own experiences and insights on finding fulfillment in both roles.

Confronting Trauma and Loss

With courage and vulnerability, Fields opens up about her own experiences with trauma and loss. She recounts the heartbreaking story of losing her father at a young age and the aftermath of her difficult divorce. Through her personal journey, Fields explores the path to healing and how to find strength in the face of adversity.

Reclaiming Your Voice

"Excuse Me While I Ugly Cry" is a call to action for women to embrace their own voices and live their lives on their own terms. Fields encourages readers to challenge societal norms, to seek joy and fulfillment, and to never dim their light for anyone. Her powerful message inspires women to reclaim their power and to live authentically.

An Inspiring and Unforgettable Read

With its raw honesty, relatable stories, and empowering message, "Excuse Me While I Ugly Cry" is a must-read for every woman. Fields' writing is both insightful and deeply personal, drawing you into her world and leaving an unforgettable impact. It is a book that will make you laugh, cry, and reflect on your own journey.

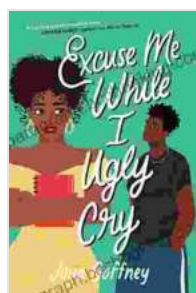
Praise for "Excuse Me While I Ugly Cry"

"Joya Fields has written a powerful and inspiring memoir that will resonate with every woman. Her raw honesty and vulnerability will leave you feeling seen, understood, and empowered."- Reese Witherspoon

"A must-read for anyone who has ever struggled with self-doubt, heartbreak, or the pressures of modern womanhood. Joya Field's words will inspire you to embrace your own truth and live your life to the fullest."- Brené Brown

About the Author

Joya Fields is an award-winning journalist, author, and speaker. Her work has appeared in numerous publications, including The New York Times, The Washington Post, and Essence. She is passionate about empowering women and helping them find their voice.



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