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## Author touts empowerment for American Latinas

October 20, 2006  
 Martin Winchester   
*Critic's Nook*

Yasmin Davidds knows what it means to be a survivor. Born in Los Angeles to a Mexican mother and an Ecuadoran father, Davidds' early life was economically comfortable but emotionally abusive. "My upbringing was extremely dysfunctional yet due to the fact that we were an affluent family, everyone around us minimized the dysfunction," she said in a recent interview with The Monitor.

She survived drug abuse and a paralyzing breakdown to bounce back and marry an NFL football player — only to see the relationship end in divorce.

"I feel blessed that I have been able to overcome many tragedies in my life and thrive beyond them. It gives me the ability to teach others that nothing is impossible," she said.

Named one of the top leading Latinas by Hispanic Magazine and the host of a radio talk show in Los Angeles, Davidds will bring her inspiring story Sunday to Barnes & Noble, where she'll sign copies of her latest book *Take Back Your Power: How to reclaim it, keep it, and use it to get what you deserve.* (Atria Books, \$14).

She said her work with other women

# TAKE BACK YOUR POWER

HOW TO RECLAIM IT, KEEP IT, AND USE IT TO GET WHAT YOU DESERVE

**Yasmin Davidds**

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during the past decade inspired her to put her thoughts on paper. "In my work with women, and also through my personal experiences, I realized we, as women, tend to give away much of our power throughout our lives only to be left emotionally exhausted and unfulfilled. We give our power away subconsciously for the purposes of either acceptance or love," she said.

"We deeply want to connect with others, therefore we sacrifice our wellbeing to do so. This causes us emotional conflict which many times leads to depression and we are left not knowing what we are depressed about."

Her seven-step method starts with taking ownership of one's life. "It is definitely an empowering book. I walk women through a process of reclaiming their power. I guide them through a path in which they revisit all the areas where they have given their power away and reclaim it. It is only by reclaiming one's power that one can feel fulfilled," she said.

Although her book and message apply to all women, Davidds sees a particular need for empowerment among her fellow Latinas.

"Latina American women are caught in between two cultures, two worlds. There are many beautiful attributes being part of two different worlds yet there is also much confusion and lack of understanding. Many American ways do not work for us Latina American women. We are in the process of creating a whole new Latina American sub-culture which is a mix of American and Latin customs," she said.

She's currently at work on her next book *You Go Girl! Give Your Daughters the Tools to Be Powerful Women*. "It is a guide for busy parents on what they can do to raise empowered daughters," she said.

Davidds will sign copies of her book at 2 pm Sunday at Barnes & Noble, located at 4005 N. 10th St., McAllen. For more information contact the store at 683-7773.


Martin Winchester is a book critic for The Monitor. He is an English teacher at the IDEA Academy in Donna. Send comments to [mwinchester@ideapublicschools](mailto:mwinchester@ideapublicschools).

### **Take Back Your Power: How to reclaim it, keep it and use it to get what you deserve**

Yasmin Davidds  
Atria Books, \$14


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