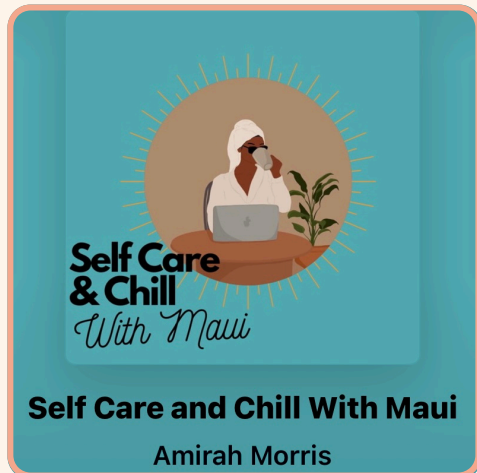


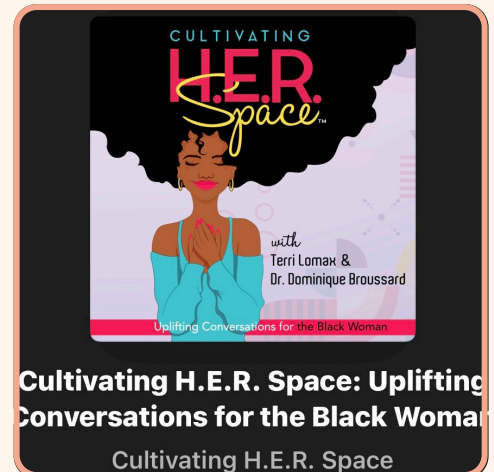
# Self-Improvement Podcasts List



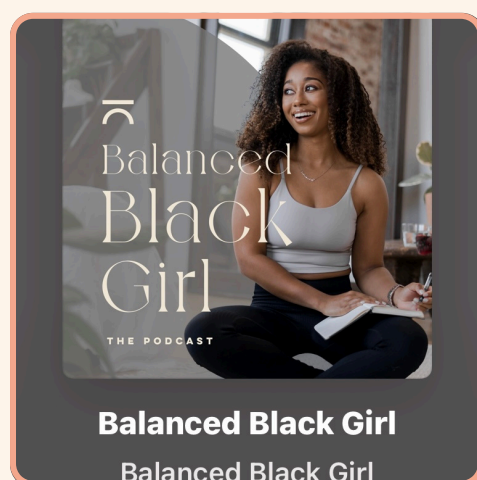
**Self-Care & Chill  
w/ Maui**  
[Link Here](#)



**Black Girl Flow**  
[Link Here](#)



**Cultivating  
H.E.R. Space**  
[Link Here](#)



**Balanced Black  
Girl**  
[Link Here](#)



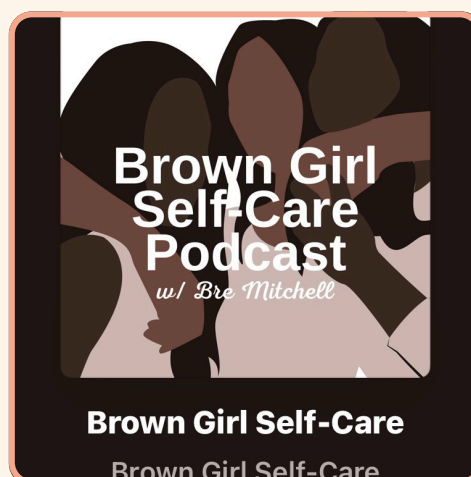
**Black Girls Heal**  
[Link Here](#)



**Therapy for  
Black Girls**  
[Link Here](#)



**Affirmations for  
Black Girls**  
[Link Here](#)



**Brown Girl Self-Care**  
[Link Here](#)



**The Kingdom w/  
Justin Michael  
Williams**  
[Link Here](#)

