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What Mama Taught Me: The Seven Core Values of Life

Tony Brown

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Millions of viewers of *Tony Brown's Journal*, the longest-running series on PBS, know Tony Brown as an advocate for self-reliance and self-enrichment. Now, in his most personal book yet, he introduces us to the woman who brought him up and taught him the seven core values he lives by to this day: reality, knowledge, race, history, truth, patience, and love. *What Mama Taught Me* states that only by understanding one's place in the world can one become free in mind and spirit, which is the path to true success. Brown argues that by following other people's rules, we betray ourselves and our desires, resulting in a vicious cycle of disconnection, unhappiness, and spiritual death.

Enhanced by the homespun storytelling he heard as a child, this is Brown's personal recipe for achievement, imparting values that provide a blueprint for reaching success and happiness -- on one's own terms.

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