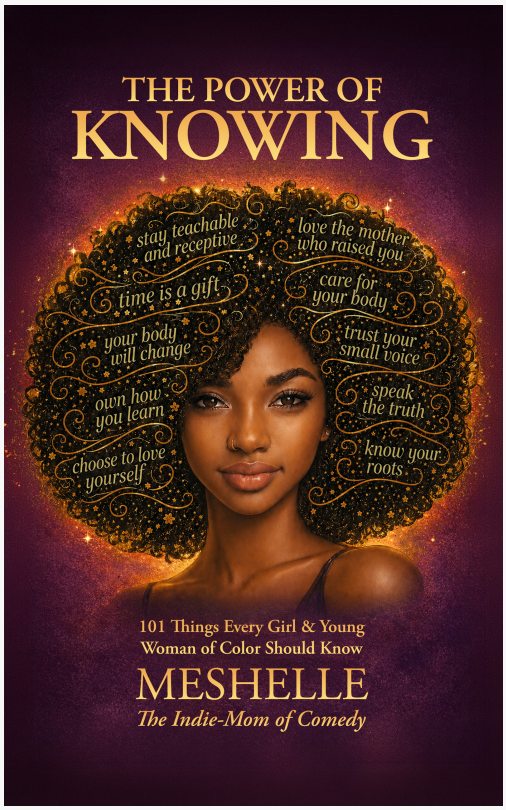
Award-Winning Comedian MESHELLE Releases Empowering Guide for Young Women of Color

Drawing on 40 years of mentorship, "The Power of Knowing" offers 101 transformative lessons on mental health, identity and sisterhood for the next generation.



NEW YORK, NY, UNITED STATES, September 17, 2026 /EINPresswire.com/ -- Award-winning comedian and author MESHELLE shares The Power of Knowing: 101 Things Every Girl & Young Woman of Color Should Know, published by Spines—a powerful collection of stories, wisdom, and lived experience shaped by four decades of listening to, learning from, and mentoring girls and women. Rooted in storytelling and maternal love, the book brings together 101 short stories drawn from the real-life experiences of girls and women MESHELLE has worked with over the past 40 years. Through their stories, she explores the things we learn, the things we inherit, and the things we sometimes have to discover for ourselves—inviting girls and young women of color to trust what they know, honor who they are, celebrate the richness of their heritage, recognize their inherent self-worth, and move through the world with confidence, clarity, and purpose.

It advocates for self-love, purpose, and the bravery to transcend limits—unapologetically centering culture and voice while offering insight into our shared humanity.

That knowing is also deeply rooted in MESHELLE's own family. Through poignant introductory essays, she honors the foundation laid by her grandparents; the strength and steadfast love of her mother, Annette V. Bolling; and the protective love of sisterhood embodied by her beloved sister, acclaimed business executive Robin L. Booth. Their influence reflects one of the book's enduring truths: wisdom is carried through families, communities, stories, and generations. The Power of Knowing honors that ancestral wisdom while creating space for girls and women to recognize, trust, and carry forward the wisdom of their own lives.

Highlights from the Book include:

• Mental Fortitude & Emotional Intelligence: Actionable advice on managing mental health, handling conflict with grace, rejecting toxic labels, and establishing vital personal boundaries in friendships and romantic relationships.
• Holistic Health and Body Positivity: Candid, shame-free discussions on body image, health awareness and self-preservation that challenge societal stigmas and promote daily self-care rituals.
• Cultural Pride and Identity: Empowering reflections on ethnic lineage, encouraging young women to celebrate their natural beauty, dismantle limiting stereotypes and stand firm in their rich history.
• Life Strategy and Leadership: Practical steppingstones for securing credit, valuing educational opportunities, finding purpose and trusting one's intuition in both personal and professional spaces.

"This book is my recompense for the glory of being a Black woman," says MESHELLE. "When we know better, we do better."

The Power of Knowing: 101 Things Every Girl & Young Woman of Color Should Know is available now in print-on-demand and eBook formats.

About the Author

MESHELLE, The Indie-Mom of Comedy, is an award-winning stand-up comedian, author, playwright, storyteller, social justice advocate, and BroadwayWorld Award nominee whose work has long centered the voices and experiences of girls and women. For more than four decades, she has worked alongside girls and women of color through storytelling, programming, education, mentorship, and advocacy.

A TEDx speaker whose comedy has been featured on platforms including BET, Nickelodeon, STARZ, and TruTV, MESHELLE brings together humor, storytelling, and lived experience to illuminate the challenges and triumphs of our shared humanity. A former Temple University doctoral student who ultimately chose the stage, she has built a career at the intersection of art, culture, and social impact—using laughter, levity, and unapologetic truth to connect with audiences across generations.

Book Details

- Title: The Power of Knowing: 101 Things Every Girl & Young Woman of Color Should Know
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