



APRIL R. RANDALL

April R. Randall is an attorney, etiquette enthusiast, mother, and wife. Yet, many do not know that April has been fighting a secret battle. As a teenager, April was diagnosed with anorexia. In **The Blueprint of a ThriveHER: From Surviving to Thriving**, April shares her story of self-hate, fear, isolation, hope, and ultimately survival in hopes of helping others, particularly women of color, who may be facing the same challenges but feel alone.



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