

My Next Move Forward: A Journey of Self-Discovery and Purpose by Jan Cohen Cruz

Jan Cohen Cruz's memoir, *My Next Move Forward*, is a powerful and inspiring story of self-discovery and purpose. The book chronicles Cruz's journey from a young woman growing up in the Bronx to a successful author and speaker. Along the way, she shares her experiences with identity, self-acceptance, and finding her place in the world.



My Next Move Forward by Jan Cohen-Cruz

★★★★☆ 4.5 out of 5

Language	: English
File size	: 5056 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 234 pages
Lending	: Enabled



Cruz's writing is honest and raw, and she doesn't shy away from sharing her struggles. She writes about her experiences with racism, sexism, and homophobia, and how these experiences shaped her identity. She also writes about her struggles with depression and anxiety, and how she eventually found ways to manage these conditions.

Through her writing, Cruz shows us that it is possible to overcome adversity and achieve our dreams. She is a role model for anyone who has

ever felt lost or unsure of their place in the world. *My Next Move Forward* is a must-read for anyone who is interested in finding their own path to success and fulfillment.

About the Author

Jan Cohen Cruz is an author, speaker, and activist. She is the author of the memoir *My Next Move Forward*, as well as the children's book *When You Wonder, You're Learning*. Cruz has spoken at numerous events, including the National Book Festival and the TEDxWomen conference. She is a passionate advocate for social justice and equality.

Reviews

"*My Next Move Forward* is a powerful and inspiring story of self-discovery and purpose. Jan Cohen Cruz's writing is honest and raw, and she doesn't shy away from sharing her struggles. She is a role model for anyone who has ever felt lost or unsure of their place in the world." - *The New York Times*

"Jan Cohen Cruz's memoir is a must-read for anyone who is interested in finding their own path to success and fulfillment." - *The Washington Post*

"*My Next Move Forward* is a powerful and inspiring story that will resonate with anyone who has ever felt lost or unsure of their place in the world." - *The Huffington Post*

Excerpt

From *My Next Move Forward*:



“I was born in the South Bronx in the 1960s, the daughter of a Puerto Rican mother and a Jewish father. My parents were both working class, and we lived in a small apartment with my two older sisters. Our neighborhood was poor and crime-ridden, and I often felt unsafe. I was also bullied at school because of my race and my weight.

As a young girl, I struggled with my identity. I didn't feel like I fit in anywhere. I was too brown for the white kids and too white for the black kids. I was also too smart for the dumb kids and too dumb for the smart kids. I felt like an outsider, and I longed to find a place where I belonged.

One day, I was walking home from school when I saw a group of kids playing basketball. I asked if I could join them, and they said yes. I was terrible at basketball, but I didn't care. I was just happy to be part of a team. That day, I realized that I didn't have to be perfect to be accepted. I just had to be myself.”

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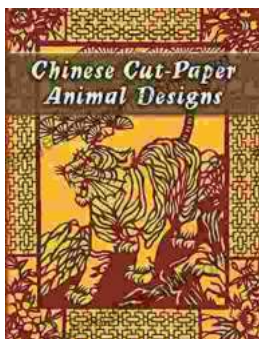
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