

Michelle Smalls

QUEEN OF HARLEM



PHILANTHROPIST | BUSINESS OWNER | AUTHOR

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The "Control Your Emotions or they will Control you" workbook is an innovative tool designed to help individuals work through emotional struggles and develop a stronger sense of self-awareness.

Authored by Michelle Smalls, known to many in the community as the "Queen of Harlem," this workbook draws on her extensive experience as a philanthropist, successful entrepreneur, investment property owner, influencer, and real estate broker to help young people navigate the challenges they face in today's society. Smalls is a problem solver who is exceptionally attuned to the needs and desires of her community, and her workbook is a testament to her commitment to helping young people build a brighter future.

Workbook subject areas:

- Self Awareness
- Self Regulation
- Motivation
- Empathy
- Relationship Management

PARTNERSHIPS INCLUDE:

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There are people we meet in life who live life in such a way that their living inspires us to transcend the narrow confines of our self-imposed limitations. These people live so audaciously that we feel compelled to follow in their footsteps Michelle Smalls is one of those people.

- Pastor Michael Walrond

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