

UNCOMFORTABLE

truths

Unapologetic tales
of self-acceptance

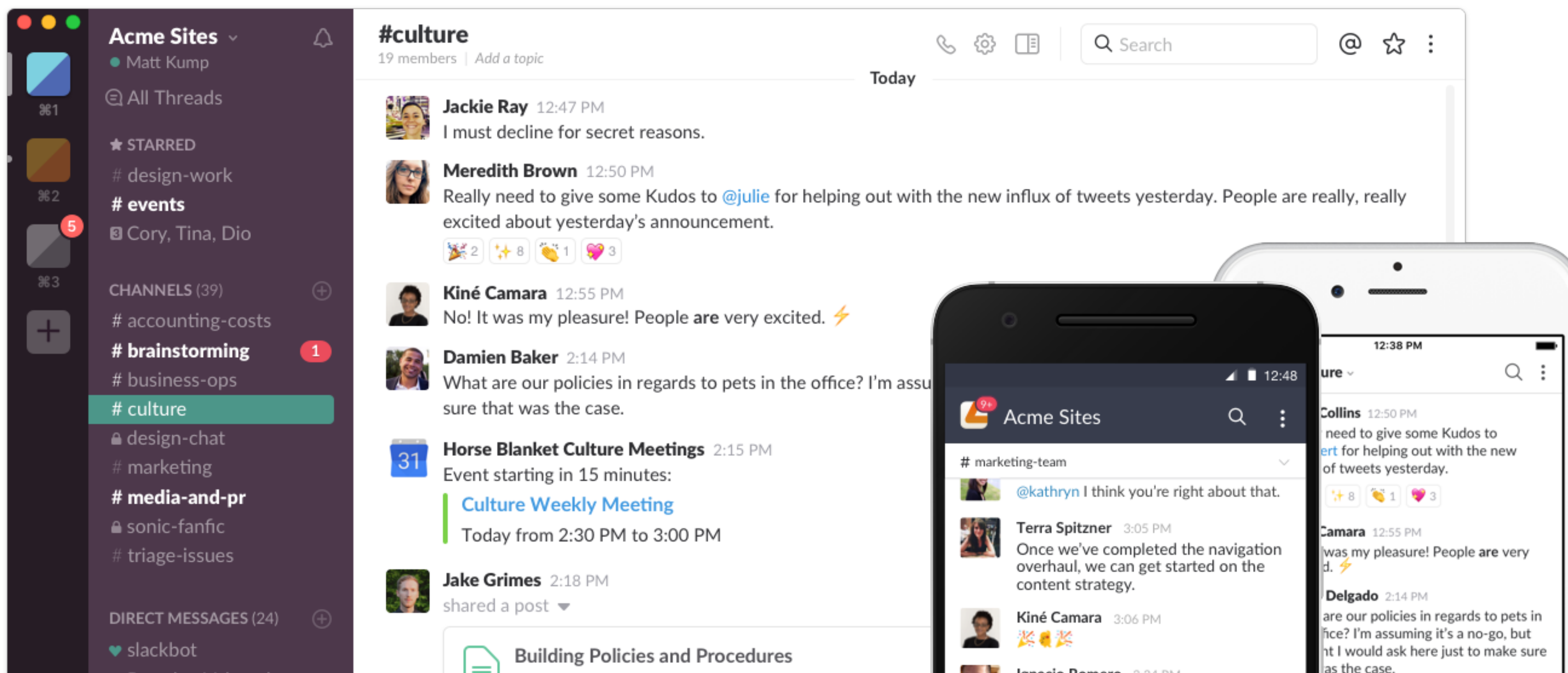
hello.



@minamarkham



mina.codes



trust

trust

SELF-CONFIDENCE
DISABILITY
MENTAL HEALTH

warmin

A shirtless Black man is shown from the chest up, flexing his right bicep. He has a focused expression and is looking slightly to the right. The background is dark and out of focus. The text "these are my" is in white, and "confessions" is in a large, pink, cursive script.

these are my
confessions



= OKAY TO TWEET

a little bird

truth

I'm nervous.

(and a little nauseated)







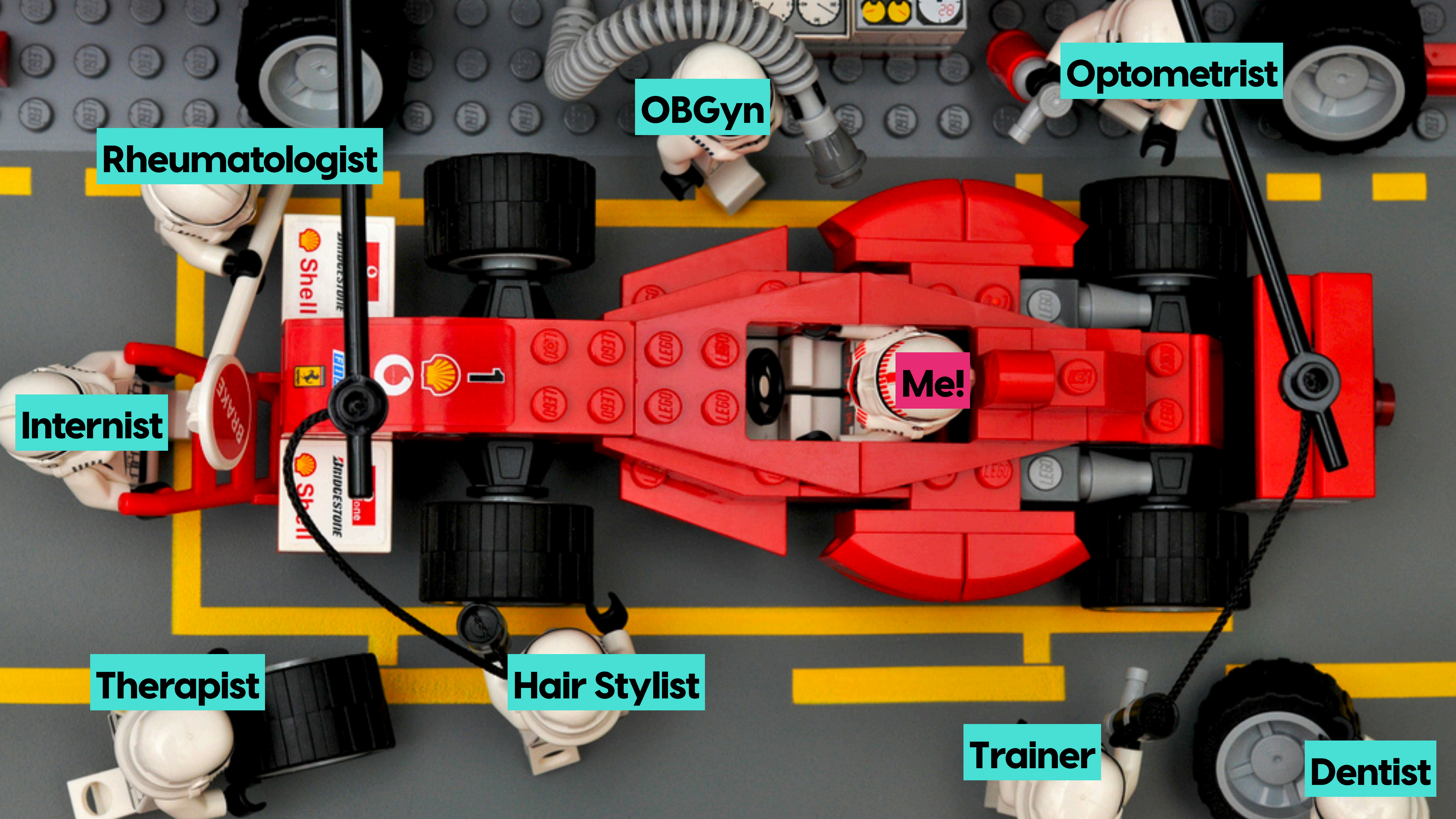
There's no place like home.



establish a

profit crew





Rheumatologist

OBGyn

Optometrist

Internist

Me!

Therapist

Hair Stylist

Trainer

Dentist

place

attachment







A girl has no home.

truth I'm not magic.



strong
black woman



black girl

magic



//

Just because we're
magic, doesn't mean
we're not *real*.

JESSE WILLIAMS

magic





find a

happy person



A man in a dark suit and white shirt is speaking at a podium. He is gesturing with his right hand raised. The background is a bright blue wall with a pattern of small white dots. The text "Gas me up!" is overlaid in a bold, yellow, italicized font at the bottom of the image.

Gas me up!





Amélie Lamont

@amelielamont

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I want everyone to know that
[@MinaMarkham](#) is one of the hardest
working people I know. Put some respect on
her name. 🙌

8:25 AM - 6 Jun 2017

1 Retweet 54 Likes





EricaJoy ✓

@EricaJoy

Following



Replying to [@MinaMarkham](#) [@beep](#)

I will never not remind you that you are greatness personified. Excellence walking. That you can be all and achieve all. Get it.



7:31 AM - 26 Apr 2018

1 Retweet 5 Likes



Be kind

to myself



treast

myself



forgive
myself



I am

worth it



you are

important





@minamarkham

thanks