Senior Eden Moody's Journey to Authorship

By Payton Daniels

Over the last half-century, The Altamont School has nurtured and encouraged countless young leaders who have made great strides and achievements despite still being in high school. One of them is senior Eden Moody.

Moody wrote a recently published book titled *Bold, Black, and Beautiful*, full of encouraging words, powerful affirmations, and thoughtful prompts that, according to the Amazon.com book page, "encourage confidence, self-love, and pride in one's identity." It is a 12-month guided affirmation journal created "to inspire and uplift girls just like her," designed especially for young Black girls.

Moody says she was inspired to write this book after spending a summer at a college-prep program at Spelman College, a women's liberal arts HBCU. She took a class that focused on self-affirmations and self-love. As she was writing letters to her younger self as part of the coursework, she reflected on how much the class meant to her. During those three weeks at Spelman, she realized that other young girls could also benefit from that type of reflection. Inspired, Moody began to write affirmations, enough to fill a 64-page book. But it wasn't as simple as that sounds.

She'd had the idea for months but struggled to find a starting place. Even though she had a plan and knew what she wanted to convey, making the time to sit down, write, and proof-read was challenging. The way Eden tells it, when wants something to be great, she gets nervous and procrastinates. She moved past that, however, and she even learned that asking for help would be instrumental to her process.

It was during Beth Dille's Experiential Leadership class in tenth grade that Moddy's idea for the book crystallized, and after months of planning, she finally began writing at the end of her junior year. Once she began writing, she finished the book in a few months. Her publisher, Shatara Clark, helped her design the cover art.

Moody says her parents and Ms. Dille helped her the most along her journey, adding that all the other support she got from Altamont, her family, and her community was "cool and unique."

When asked what message she is trying to send her readers, Moody replied, "You are loved, and you don't need to change for anybody. Love every single part of yourself. The things you may not exactly like, you can work though and learn to love."

She also recommends that "if you have an idea, go for it!" That's advice she has clearly followed.