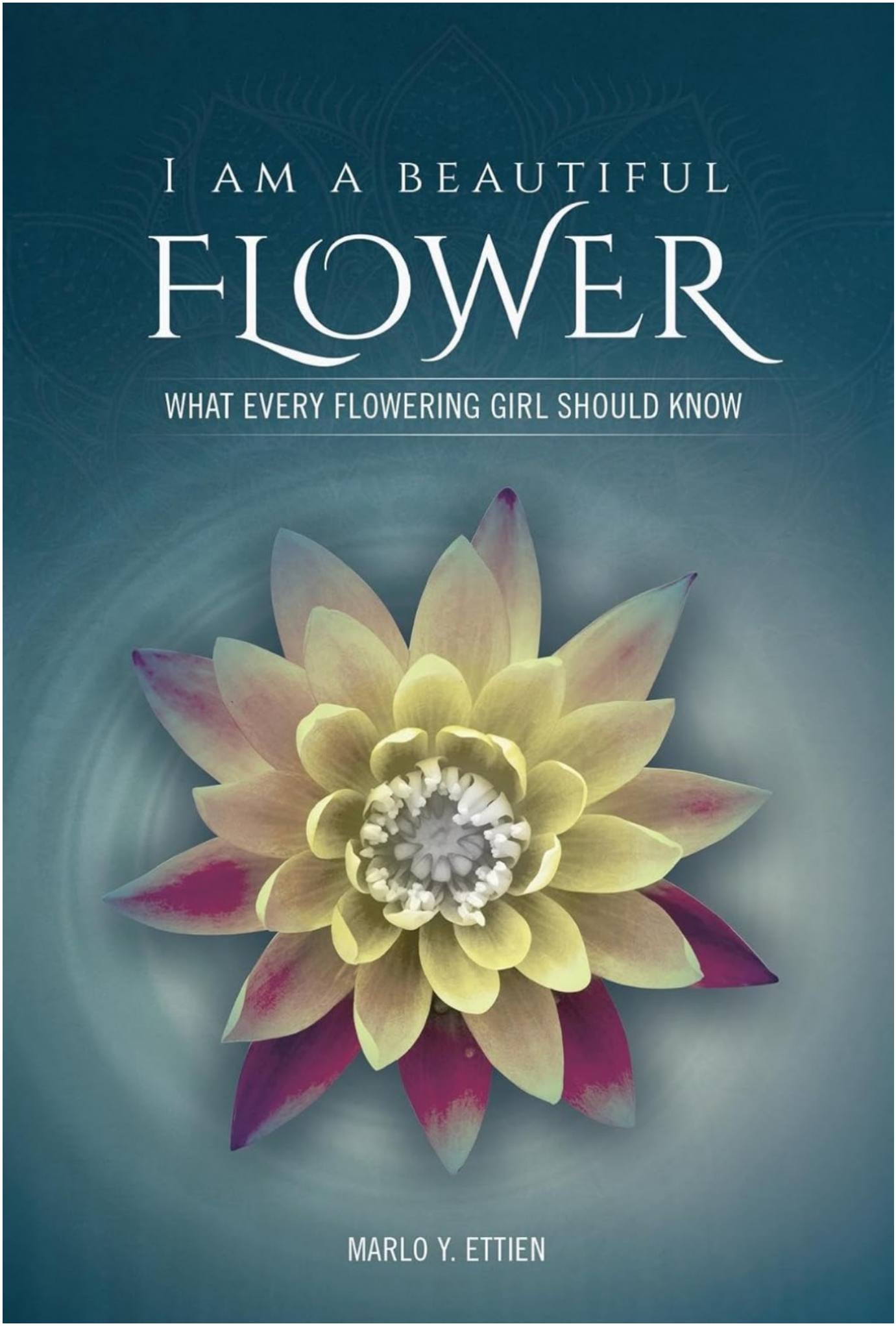
I Am A Beautiful Flower: Marlo Y. Ettien Celebrates Girls Into Womanhood With Knowledge, Love, and Joy

The Georgia author and Navy veteran turns her daughter's milestone into a one-stop guide for girls — and two celebrations, the Flowering Party and the Promise Ring Gathering, that are changing how families welcome womanhood


I AM A BEAUTIFUL
FLOWER
WHAT EVERY FLOWERING GIRL SHOULD KNOW
MARLO Y. ETTIEN

Atlanta, Georgia Nov 9, 2026 (Issuewire.com) - Too many girls step into womanhood carrying confusion, fear, or silence. Author Marlo Y. Ettien wrote I Am A Beautiful Flower: What Every Flowering Girl Should Know to replace all three with knowledge, love, and celebration. The guide welcomes a daughter into womanhood with understanding rather than fear and ignorance, teaching girls the biology of their own bodies so they can build self-esteem and worth — and giving mothers, grandmothers, and aunties a way to strengthen the intergenerational bond as they read it together or pass it on.

The book began at home. When Ettien's daughter Banvoa started her menses, the family did not meet the moment quietly — they celebrated, with what Ettien calls a Flowering Party and a Promise Ring Gathering. In the book's introduction, Ettien shares her own entry into womanhood with her daughter to help ease her fear, and friends who saw what the celebration did urged her to share it with other mothers and daughters. She took a full year to write the book, on purpose: she wanted it to be a treasure girls would keep for a lifetime, a private place where their most delicate questions about their bodies could be answered.

Inside, girls find the cycle of life, ovulation, uterine changes, menstruation, cramps, premenstrual changes, and menopause explained with care, along with a detailed look at pregnancy, its trimesters, and how babies develop month to month. Ettien's favorite section, Reproductive Vocabulary, describes the female and male reproductive systems from A to Z, written with dictionary-style pronunciations so the words are easy for young girls to read and say with confidence. A thorough nutrition section — vitamins, amino acids, enzymes, electrolytes, water, probiotics and prebiotics — and a wealth of illustrations make the book the one-stop resource she set out to create; in the Pregnancy section, she is proud that the illustrations show an African American mother and child, adding representation that anatomy books have too often left out.

"I cherish young girls and support them," Ettien says. "I really believe they are beautiful flowers. Young girls deserve to be cherished. Their entry into womanhood should be memorable." It is the heart of the promise she makes her readers: "May we never whither nor fade away but endure together in the sweetest harmony."

The two celebrations at the book's center are what set it apart — Ettien knows of no other book that celebrates young girls into womanhood at the start of their menstrual cycle in this way. The Flowering Party welcomes a girl into womanhood surrounded by a sacred circle of women, building the self-esteem and self-worth that grow into more respectful relationships; the Promise Ring Gathering that follows encourages abstinence and honors the sacredness of her body. Seventeen years later, Banvoa still wears the butterfly necklace her mother gave her to mark her entry into womanhood. The message keeps traveling: young girls are not only reading the book, they are sharing it with their peers, and Hugendubel Bookstore in Munich, Germany, discovered the book online and reached out to Ettien about a partnership. Reviewers have called it "an important and uplifting book" with "strong international appeal," rating it 9.5 out of 10, and Ettien is under consideration for Author of the Year 2027 by the International Impact Book Award.

The book's relevance is not going away. As long as teen pregnancy is an issue, Ettien believes, this book will be needed — girls who know more about their bodies are girls better equipped to protect their futures. To any mother considering it, her advice is simple: don't hesitate. I Am A Beautiful Flower: What

Every Flowering Girl Should Know (BookBaby) is available now on Amazon and at Barnes & Noble.

Find the Book: I Am A Beautiful Flower: What Every Flowering Girl Should Know by Marlo Y. Ettien — Publisher: BookBaby; ISBN 9781963851908 (print), 9781963851915 (ebook). Available on Amazon: https://a.co/d/0eLTNeqB — Learn more about Marlo Y. Ettien and her books: https://www.BENspiredbooks.com

About the Author: Marlo Y. Ettien lives in Georgia. She is a wife, mother of two beautiful children, author, poet, and Navy veteran. She holds a bachelor's degree in communications from Chatham University. As a Wiley author, her work appears in the 2006 Pfeiffer Annual: Training as "Narcissistic Managers: An Impediment to Organizational Development," and her article "Culture of Deception" was published online in 2009 by American Chronicle and has been used in a Media Ethics class. Her premiere novel, Branches From The Same Tree: Whether Broken or Reaching, received a five-star rating from Readers' Favorite, and of I Am A Beautiful Flower: What Every Flowering Girl Should Know. Her love for writing started as a young child who listened to books on record; according to Marlo, words can be both a healing balm and a sword, and she celebrates words in ways that offer solutions, inspiration, and wonder.



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