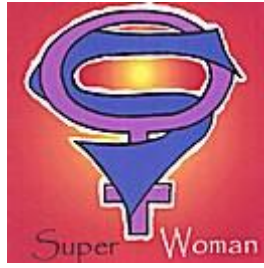


# Mp3 Nafeesa Monroe - Super Woman



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Spoken Word with a flare; add some jamming music, moving words, a stick of dynamite and stir...BAM, you get Super Woman. 22 MP3 Songs SPOKEN WORD: With Music, SPOKEN WORD: Poetry Details: Spoken word poet Nafeesa Monroe bridges the gap between black and white consciousness with a dazzling delivery of finely honed wordplay--rhythmic revelations distilled from fearless self-examination and a life of challenges. An award-winning slam poet with both an academic and professional acting past, she's a commanding presence in any room. Her work is the pure product of a high-gear mind and a healing heart. - Soul City Cafe's Kenneth Calhoun Nafeesa Monroe's Poetic Bio: A coincidental plane ride to New York lead Nafeesa to Da' Poetry Lounge where her transformation from occasional poem writer to spoken word artist took place. Less than a year later, she found herself a part of the 2001 Hollywood / Miracle Mile Slam team, ranked 17th nationally. She has featured at The Jazz Bakery in Culver City, California, Poetic Soul in Long Beach, The Big Damn Poetry Slam in Long Beach, Hutch's Barbecue in Pasadena, Groove Cabaret in Los Angeles, on BET's "The Way We Do It," and has performed at USC, Cal State Northridge, and UCLA's Royce Hall as a founding member of the Watts Prophet's Los Angeles Hip-Hop Poetry Choir. She has since slammed at the world famous Nuyorican Poet's Caf in New York City, where she took first place in their open slam, and competed twice in their invited Friday slam. In May of 2002, Nafeesa came in second place in the Long Beach National Poetry Slam Team finals, securing herself a position on the 2002 team. Most recently, Nafeesa was chosen as an emerging artist to participate in Soul City Caf, opening for Jewel's "This Way" Summer Tour. Nafeesa will perform at four of the eight scheduled shows, including the Tommy Hilfiger Amphitheatre in Jones Beach, NY, NextStage in Grand Prairie, TX, The Greek Theatre in Los Angeles, CA, and The San Diego State Open Air Theatre in San Diego, CA. Nafeesa is also an accomplished actress with eighteen years of experience on the stage,

in television, and in film. Both a poet and a performer, she brings her years of experience to the poetic stage, breathing spoken life into her own written words creating Nafeesa, the spoken word artist; an honest, powerful, poetic performer. From the poem SuperWoman, found in her self published CD and chap book of the same title, she simply 'lets her super - b.'

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