

Foreword;

I come from a line of strong women who all needed to fight hard and horrible battles to gain their independence. Through this all I witnessed the courage of my mother 'The White Lily' who's strength was near to supernatural. Yet in my own way I found the strength to raise my two children on my own. I love men, but one thing I have learnt along life's curvy paths was to slowly learn to love and respect myself even more. That love has become so strong that no man can stand in the way of what I want any more. In pursuit of achieving my goals I fought hard and went to hell and back on several occasions. I got educated and have achieved all that I set out to do. Yet I am not satisfied, because the hunger to achieve more and grow still lingers and I have many more missions to complete. So when will I give love a chance? To be honest 'mister Right' is more than welcome if he is mentally strong and capable enough of holding the hand of a Queen.

And a Bad Ass Queen at that.

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It is said that; "Pride comes before the fall".

So if you fall down in your high heels

Put them back on

Straighten your back

And proudly strut back on.

Does another door really open when another closes? Is this proverb true?

Yes it is, but only if you change your perspective and start looking into another direction.

*We sometimes lose our appreciation for the
shining light and therefore from time to time
we must stroll through darkness.*

*And yet, it is in the silence of the darkness that
we find the key to the door that eventually
leads us back into the light.*

*The wakeup call;

Tired? I often hear women use this word and I just as often wonder why they're tired. The word often comes from the mouths of women who tend to sit more than they move which will of course lead them to feel fatigued. A woman who is constantly moving, whether it be walking, working, dancing or exercising hardly complains about feeling tired, because her body is accustomed to movement.

A hard day at the office however strange it may sound will also make you feel more fatigued than physical work.

These two examples go to prove the following; if your day mainly consists of sitting down, whether you're at the office working or just sitting at home thinking about your life and doing nothing in particular you will feel extremely tired at the end of the day, because excessive thinking does just that. In fact studies even go to show that excess use of the brain will leave you feeling more fatigued than physical work will.

Knowing this you must keep in mind that in order to keep yourself in balance you will have to take care of your body too. This means changing your diet and getting more movement and exercise. Women who

strive to move and take care of themselves are happier on the whole and feel better about themselves.

The golden key to happiness and GREAT mental health is balance. Nothing more and nothing less.

Any problems that arise in your life, whether they are with your children, work related or relationship etc. deal with them straight away, because the less stress that is going on in the background of your mind the higher the chance of you achieving your goals. If your children need extra attention and support then make sure that you help them in any way possible before attempting to move ahead, because with children involved on the course of turning into a super woman it is important to keep their lives as stable as possible. Extra attention must be paid to make sure that you keep a certain balance of love, understanding and warmth in the home situation. I'm sorry to say though that when puberty rears its ugly head it can be a whole different story but don't let that stand in your way and get counselling if necessary. Your children however will have to gradually start adapting to the changes and will have to learn to grow up a bit quicker, because a steady but great change will require changes all around so be aware of this and discuss this with your child or children

beforehand. Growing up quicker and having responsibilities never damaged a child so don't let anyone tell you otherwise. It's your life and your course! By giving your children responsibilities you will be helping them in the long run, by turning them into stronger individuals. If you're having unresolvable problems in your current relationship and you're willing to move ahead in life, but your partner is not willing to stand by you and disagrees with the vital changes that you need to make then stop making stupid girlish excuses, because maybe it's time to start wondering if you need to carry on being in the relationship and maybe it's time to chuck him out and move forward by yourself. On the other hand if you can save the relationship and it is worth saving then by all means do.

Having less money after ending a bad relationship was a great boost for me to move forward, because I didn't have sufficient means to survive well enough, so I had no other choice but to fight and work even harder. You can sit down and sob and be a pussy or you can stand up fight back and be a Bad Ass. The choice is always and has always been yours. Every woman has a choice so don't let others tell you what to do, just move!

The more unsolved problems you walk around with the less productive and sharp you become. Unsolved problems and the working woman or working single mother are stress factors that must be dealt with immediately and thoroughly. Always!

A good walk outside in the fresh air after a stressful day works wonders and helps air the mind and head, but so does a little housekeeping even if it's just one room or certain small chores, because every bit of movement helps keep you in balance, and takes your mind off the events of the day.

The successful people of this world are the ones that push themselves and don't sit still. So quit the laziness and lame excuses and start moving.

Don't take no for an answer. Fight back and try to get a yes, and if that doesn't work after several attempts then eventually accept that loss, because at least you tried (be very proud of that) and all you'll need to do is find another road to walk on but do not give up, for many roads lead to Rome! So just take an alternative route.

No one achieved success the easy way unless they were born with a silver spoon in their mouth. Be proud of what you want to do and make sure that you fully