

# **What You Must Do To Win**

The use of the feminine pronoun does not make this book unfit for men.

Gloria G. Lee

There is a woman who read several of my books who said to another woman she doubts if anyone will take my advice. She said my readers will not see or appreciate or use the logic of my argument. She say people will like the titillating references in my books but will not change Let us see who is right.

What she is implying is that my readers are not sophisticated enough to understand how my words can solve their problems, and that people are so shallow that they'll only focus on the drama, not the message. If you change your life for the better you will prove her wrong.

Unless otherwise indicated, all scripture quotations are taken from the King James Version of the Bible. Scripture verses marked "GNT" are taken from the Good News Translation - Second Edition: Today's English Version © 1992 American Bible Society, used by permission. Copyright © 2014 Gloria G. Lee  
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Be Not Defeated in Hard times

Know Your Enemy

The Trial of The Mind

It is Time You Start Your Walk with God

If You Believe In God You Do Not Belong In Prison

You Are the Prophet of Your Life

The Devil's Cauldron

God's Encouraging Words

Murdered Voices

The Wall

Women of Courage

Light A Candle In My Name

Edited: Jonathan Lee-Ames Hop, M.A.

Your best friend or a family member will appreciate a copy of this book. It is important that we continue to encourage ourselves in our walk with God. It is important that we continue to read, study and meditate so that in times of trouble we will not falter but gird our loins and stand for right, not evil. This is what every Christian is called to do.

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“We can whimper we can whine or we can fight back. Me I am here to fight back.”  
Senator Elizabeth Warren, 2017



You must read this man. Why, because, this man was a winner? He accepted his appearance. He accepted his skin and he accepted his sexuality. All of this self-acceptance meant he was a winner. No one discusses him anymore. It is as if the world is glad he is gone because now the world does not have to deal with his incessant questioning about the state of affairs of man. He was undeniably an intellect. He disturbed people. He made people uncomfortable. Society did not make him run and hide. He refused to let the world ignore his existence. He refused to let the world be happy with itself and all of its contradictions and hypocrisies. He had his own style red green yellow and blue.



He was serious about his craft which meant he had to discuss himself. If he were to taunt others he left himself open as fair game. Three of his friends were Medgar Evers, Martin Luther King, Jr., and Malcolm X. All three men not only died before him, but all three men were assassinated. Imagine his pain. James Baldwin died December 1, 1987, in [Saint-Paul-de-Vence, Alpes-Maritimes, France](#) at the age of 63. Medgar Wiley Evers was assassinated June 12, 1963, Jackson, Mississippi at the age of 37. Malcolm X was assassinated February 21, 1965, in [New York City, New York, at the age](#) of 39.

Martin Luther King was assassinated April 4, 1968, in [Memphis, Tennessee](#) at the age of 39. If James Baldwin had not learned how to win early in life, how likely would it have been that he would be friends with three of the most powerful Black men of any lifetime? All three of these men could have said, "I love America more than any other country in the world and, exactly for this reason I insist on the right to criticize her." James Baldwin – James Baldwin was a winner. He did what all winners do he took control of his life.

That is what you must do take control of your life by exercising self-control , developing discipline, learning to read, talking to people from other cultures, not listening to soothsayers, leaving negative thinkers behind, and following your dreams. This what James Baldwin did. He was led to France like many Black writers and entertainers. He went oversea seeking freedom of expression and thought. He did not forget the country where he was born but he refused to allow his country to mask his personality and suppress his will to live the life he foresaw for himself. America told him that you must conform you must be like everybody else. You must bow to the will of the church because we say so. Everyone must be the same. Everyone must walk the same eat the same, talk the same there must be now differences. James Baldwin said no.

## **An Important Message To My Readers Regarding the Religious Nature of My Books**

Someone recently remarked my books have too many references to religion in them. Do not let the religious verses or the use of the word Jesus or God disturb you or deter you from reading my books. I am neither a member of the American Taliban, a Separatist nor a Hate monger. I write from Love, the most powerful force on earth. Indoctrination is not my purpose. Encouragement and enlightenment is my purpose. I want people to see as far as they can see and walk as far as they can walk based on all the faith they have and all that they can believe. Even if you do not believe in God you can learn much from this book. Any discussion of ethics and morals is a good thing. Ethical discussions purge evil thoughts. "We are apt to shut our eyes against a painful truth... For my part, I am willing to know the whole truth; to know the worst; and

to provide for it.” Patrick Henry, 1776. My books are like no other books you have read. Take this challenge purchase the book Be Not Defeated in Hard Times and determine for yourself the nature of my heart and the purpose of my labor. You will learn much from reading me.

I know as soon as some people sees the word Jesus or God they become disheartened or fearful that they are reading a book that is trying to convert them. I am not a religious fanatic nor am I a person who believes I know all the answers and that I can tell everyone else what to do or how to live. I do not believe in shooting abortion doctors or bombing abortion clinics in the name of God. Nor do I believe in back room deals by the church to control the rights of others. Do not judge the work of my hands by the hate filled words of some men you hear on television denigrating people who do not look or act like them. Christ came for everyone and Christ exists for everyone. God’s Word can refresh you. God’s Word can restore your belief in yourself. God’s Words can make you smile and be glad you have a wife and family. I wrote my books to make you joyful and to make you happy that you are alive. I wrote my books to give you tools to use when you are fearful and unsure of yourself and to give you courage when you are afraid. No one has a monopoly on God. Nowhere in the Bible can you find one passage where God or Jesus said men should be led to God by force or condemnation. Calling people names and foreshadowing gloom and doom on a nation is not a practice of Jesus Christ this is the practice of a bully.

I know Jesus was not a bully. He was not a member of a gang. Jesus did not beat any one up or isolate and brainwash anyone to get them to believe in the word of God. Jesus merely said, “I am the light of the world and he that believeth in me shall never die. I have come so that you might experience life more abundantly.” Do not be afraid of the bullies you see on television who invoke the name of God yet make everyone who do not believe as they do the enemy. God will take care of these men. That is right I said it all the preachers you see on television or hear on the radio who preach gloom and doom, who preach to divide people and present themselves as the perfect Christians shall be dealt with by God.

Christianity was not given to man by God to be used as a bullwhip by bullies. Christianity was given to the world to relieve the suffering of man and anyone who does not follow this edict shall be dealt with by God. That's right the person who preaches before you every Sunday shall be judged by God just like you will be judged for what is in his or her heart. Just because a man can talk faster than you and profess to know the Bible better than you does not make him better than you. The equalizer is God. God shall judge the man who on one hand condemns the sinner yet fails to help the women who come to him for help against her abusive husband. God shall judge the preacher who talks out of both sides of his mouth. Look at the preachers who rely upon women to fundraise for a church roof or other church needs then these preachers turn around and say no woman has place of leadership in the church. It is alright for women to provide the church with money but after the money is collected they are to sit down and shut up.

Think about it, do you think every member of the Sanhedrin that judged Jesus as a subverter of God's Word got into heaven? They did not like Jesus. They were jealous of Jesus. They envied Jesus and some hated Jesus. Jesus could do what they could not. They could not heal the sick. They could not raise the dead. If Jesus rose in power surely their power would diminish. Jesus did not look like them or walk like them so they condemned him. Do you think these men were judge pious and holy by God when they rejected Jesus' teachings. The Sanhedrin presented themselves as leaders, men of God, keepers of the faith. Yet they rejected Jesus because he was different from them. He refused to join their gang. They believe it was their duty to tell everyone else how to live. In their belief they condemned Jesus because he was different from them. Jesus refused to join their gang. Jesus refused to walk around town with his chest stuck out wearing the vestments of the church. Jesus did not want religious slaves in his church. Jesus wanted free thinking men in his church. You do not have to be a member of a religious gang to believe in God or to serve God. Every man including the man who preaches to you every Sunday shall be judged by God for the hatred in his heart and for all the suffering he brings upon his fellowman.



I do not believe calling myself a Christian makes me superior than anyone else. Man should be judged by his deeds, and the filth that comes from his mouth. I know for a fact that God's greatest commandments are to love the lord with all thy heart and with all thy might and to love thy neighbor as thyself. One cannot love the lord yet excuse himself or herself when adultery or fornication is committed yet turn around and condemn others for their behavior. This is the height of hypocrisy. If you cheat on your taxes, you cheat on your taxes. The crime does not change just because you call yourself a Christian. In other words cheating as a Christian is no different than the cheating of a secular man. There are just as many adulterers in church as there are outside the church. And there are just as many fornicators inside the church as there are outside the church. Anyone can talk moral superiority but it is what one does behind closed doors or what one does when no one is looking that determines character. Anyone can talk the talk but it is the walk that determines destiny.

Some arguments are stupid and trying to prove the existence of a God or disprove the existence of god falls in this category. Since man defines God as omnipotence and all powerful, I leave it to God to prove His existence. Man does not have sufficient evidence to prove or disprove either assertion. It is a matter of choice. God can take care of Himself. He can fight His own battles. He can prove His own existence. All I care about is that God shows up when I call Him. I want Him to keep His word.

My ultimate goal is that my books help make the world a better place to live. I am tired of people giving up on their lives because the bullies and the evil forces in this country seek to enslave them. Doubt and unbelief does not have to be a mainstay in your life. You do not have to live your life vicariously through true romance novels or Monday Night Football. You do not have to die after eating a bowl of grief and despair. You can live a decent life with a wife or husband you adore.

Only you know how lonely you are. Only you know how many times you have been tempted to use marijuana to make yourself feel better. Only you know what you feel and need. Only you know

how many times you have been tempted to commit murder after someone has injured you or to commit suicide after hearing bad news. Murder nor suicide is the answer. You are to never let any man or woman cause you to hate yourself so much that you consider murder or suicide. The best defense against evil doers (bullies) is knowledge and physical development.

You cannot be angry with God without believing there is a God and you cannot believe in God without believing in an evil force.

I want this book to be food for thought and a tool to answer some of life's most challenging questions. I want this book to help the person who gets up every morning fighting the feeling of fear, loneliness and doubt. I want you to learn to recognize and avoid negative people. You must watch who is feeding your mind.

I want you to know you do not have to fail in life. All you have to do is believe in the power inside you and you will be the prophet of your life.

I am not asking you to follow me blindly. In fact I am not asking you to follow me at all. I am asking you to consider your conduct and change as you feel necessary. Ponder what I have written. Question what I have written. Are my aspirations for this country the same as your aspirations? Make up your own mind. Ask yourself, "Is there anything in this book I can use to enhance my life and make my life better?" If the answer is yes, learn what you can from my writing and make it your goal to be a better person regardless of the circumstances. Ethics and character found in men is what keeps a civilization intact and its citizens happy.

"Bad men cannot make good citizens. It is impossible that a nation of infidels or idolaters should be a nation of freemen. It is when a people forget God that tyrants forge their chains. A vitiated state of morals, a corrupted public conscience, is incompatible with freedom. No free government, or the blessings of liberty, can be preserved to any people but by a firm adherence to justice, moderation, temperance, frugality, and virtue; and by a frequent recurrence to fundamental principles."

Patrick Henry, May 29, 1736 – June 6, 1799, an American statesman - He hailed from Virginia

In the past 12 years I have researched the murders of 20,000 American women and I have written 30 books. I conducted this research at a great cost to my sanity and health. I did this research not only because I believe in the rights of women but because I love my country. I loved my country when I entered the United States Air Force during the Vietnam War. I loved my country when I participated in the civil right marches in Mississippi in the 1960's and I loved my country when America elected its first Black president in 2008. I performed this research and wrote these books because I want this country to become a better place to live. I want children to be fed daily. I am tired of learning of children being raped in their beds by unrelated males in the home. I want women to stop negotiating with their bodies believing their bodies are all God gave them to earn a living. I want children to live in the home with their parents. I want to see an end to foster care. I want to see more stable families so we can stop producing men who rape and murder because they are angry with their mothers. I want more sex offenders imprisoned. I want posses formed to search for the assailants of Black women as posses are formed to search for the assailants of White women. I want incest to be defined as rape and prosecuted as such. I want adult males who prey upon female juveniles to be imprisoned. We must again prosecute men for statutory rape thereby protecting the young. I want the pimps of this country dealt with. Who are they to sell women?

I want more money allocated for the FBI to hire more men and women to rid our county of those individuals who seek to sexually enslave women. I want the men and women of the FBI to be so trained that the word integrity becomes part of their last name. Let no man say they can be purchased. I want the FBI to give the men who bring women to this country to be used as prostitutes a good thrashing. Forcing women into prostitution who are fleeing poverty and seeking employment is a crime we in this country cannot tolerate. Well over 5 million men and women either gave their lives, or became infirmed to protect this country in war time (no one returns from combat the same). Are we to spit on their deeds by

allowing slavery within our borders? We fought a civil war to end slavery so if we allow sexual slavery in our country we are saying their deaths do not matter; integrity is just a label, and American will do anything for money. The American Civil War was the defining moment in this country. The American Civil War should not be forgotten just because it took place more than 150 years ago. The men who fought in this war deserve to be remembered. Entire generations were lost on the battlefield. Family lines ended during this war. Are such sacrifices to be forgotten just because the sacrifice took place years ago? The American Civil War is the most important war America has ever fought. This war pitted brother against brother, neighbor against neighbor. What greater battle can there be than a battle between brothers. Are we moving so fast into the future that we disrespect the past? Did Patrick Henry die so long ago that we do not remember his cry and his honor, "Is life so dear, or peace so sweet, as to be purchased at the price of chains and slavery? Forbid it, Almighty God! I know not what course others may take; but as for me, give me liberty, or give me death! He moved a nation with these words. Not only do these men deserve to be remembered the reason for the war should be remembered, the end of one man's right to own another. Consequently, how can we allow a man to come to this country and use the body of a woman to earn money?

I also wrote these books because I want people to begin questioning what they read in the newspapers and question the motive of the person reporting the news. I want people to begin to spend more time together. I want women, children, and the elderly protected, and most of all I want people to be encouraged to live the life they desire. I believe in man. I believe in the men in this country. I believe when called upon the men in this country can be better men than any conceived. I believe with encouragement and knowledge men and women can live better and happier lives. I also wrote this book because I want men to know they do not need alcohol, marijuana or crack to deal with the problems in life. I want men to know there is courage inside them. There is fealty inside of them and most of all there is the power of God inside of them.

We should not forget where we came from, who we are, what we stand for, why we fought, or why we died.

Again, knowledge is the best weapon against evil. Seek knowledge through reading so your life will not be defined by pain and fear but defined by enlightenment and courage.

Learn more about me as an author by reading 12 of my articles on the Internet

The Deadliest Moment

Murdered Voices

Change A Woman's Life

Every Day Say This Prayer

Teach Someone To Read

Reading Will Change Your Life

Bringing Change Into Your Life

The Body of a Woman Was Found

A Better Life Awaits You When You Read

Male Version Bringing Change Into Your Life

If You Believe In God You Do Not Belong In Prison

God's Encouraging Words To Heal Your Mind Soul and Body

The purpose of this book is to make you a better thinker; to cause you to pose questions about yourself and others around you. Posing questions and doubting can save your life. Our purpose is not to tell you what to think but how to think; how to process data and information that can protect you and your family. There is always a better way to live than the way you are living. The way you live is based on how you think and how you problem solve. These factors are predicated on the information you take in daily. Read and find out why. As you read please consider these two verses from the Bible.

Proverbs 13:18 Whoever disregards discipline comes to poverty and shame, but whoever heeds correction is honored.

Proverbs 13:18 Poverty and shame shall be with him that refuses instruction, but he that hath regard for reproof shall be honored.

The life one lives is often predicated on your ability to think and how well you problem solve. Problem solving is like fighting your way out of a paper bag because you do not know what is up and what is down. A problem or a mystery is presented to you yet you have no reference point as to where to begin to solve the problem. Years ago men were laughed at when they said there were other life forms in water. People did not believe one could see into water. Their thinking was if I can't see it, it doesn't exist. The development of the microscope and the naming of the amoeba and other microscopic organisms proved the scoffers wrong. In one European country pregnant women were constantly dying. No one knew why. Finally through an experiment a man proved that the doctors who examined the women were the cause. All the men had to do was wash their hands before examining their patients. One of the problems with thinking is standing one's ground against men who say your idea is not true or your idea is stupid. Often time scoffers and soothsayers are in a prestigious position either church, government or a social class where they can wield power over your life. You can be denied scholarship, employment, loans; housing

etc. if you do not go along with these groups even though the philosophy they espoused is ignorant. The church can be profoundly ignorant and remains so to keep control of their congregation. It was the church and various other powerful groups in society that kept man thinking he would fall off the earth if he rowed his boat toward the horizon, or that the earth was the center of the universe or if man learned to read. It is all about the dollar bill and the acknowledgement of superiority. Society must be controlled and people told what to do. We are here today living in these conditions because of the sacrifice and free thinking of men who lived in France, Germany, Russia, and Austria. These countries were the seat of political and social thought. Philosophers flocked to these countries to be part of the Avant-garde. The paths these men chose did not always lead to wealth. These men questioned our very existence, what was thought and the authority of the church. They were living in a time where control was paramount. Man must be kept in line. Man must be told how to live. We cannot have men walking around saying there is no God.

When you have time make a point to read these men René Descartes Ivan Pavlov, Paul Eugen Bleulern *Johann Christian Reil*, Jean-Paul Sartre and Sigmund Freud. Exposing your mind to how these men approach problem solving can only help you.

Here are some quotes regarding thinking I want you to consider. Take your time reading the quotes. Consider how these thoughts are expressed. One of the men below is directly responsible for helping to create the middle class whether he meant to or not. You know how he did it. He paid men \$5.00 for working in his plant. This wage led to men being able to purchase a house, an ice box and washing machines for their wives. By 1957 every man was demanding the right to drive a car.

“The world as we have created it is a process of our thinking. It cannot be changed without changing our thinking.” Albert Einstein

“Think for yourself and let others enjoy the privilege of doing so too.” Voltaire, *Traité*

“The trouble with having an open mind, of course, is that people will insist on coming along and trying to put things in it.” Terry Pratchett  
“Whether you think you can, or you think you can't--you're right.”

Henry Ford

“Think before you speak. Read before you think.” Fran Lebowitz

“Judge a man by his questions rather than by his answers.”

Voltaire

“We are addicted to our thoughts. We cannot change anything if we cannot change our thinking.” Santosh Kalwar

“The mind is not a vessel to be filled, but a fire to be kindled.”

Plutarch

“Doubt as sin. — Christianity has done its utmost to close the circle and declared even doubt to be sin. One is supposed to be cast into belief without reason, by a miracle, and from then on to swim in it as in the brightest and least ambiguous of elements: even a glance towards land, even the thought that one perhaps exists for something else as well as swimming, even the slightest impulse of our amphibious nature — is sin! And notice that all this means that the foundation of belief and all reflection on its origin is likewise excluded as sinful. What is wanted are blindness and intoxication and an eternal song over the waves in which reason has drowned.”  
— Friedrich Nietzsche

“Don't Just

Don't just learn, experience.

Don't just read, absorb.

Don't just change, transform.

Don't just relate, advocate.

Don't just promise, prove.

Don't just criticize, encourage.

Don't just think, ponder.

Don't just take, give.

Don't just see, feel.

Don't just dream, do.

Don't just hear, listen.

Don't just talk, act.

Don't just tell, show.



Don't just exist, live.”

— Roy T. Bennett, [The Light in the Heart](#)

If you are concerned with the direction that your life is taking, you should consider the way you think. If you are unhappy in marriage, consider the way you think. If you are unhappy at work you should consider how you think. If you are unmarried but pregnant with your third child you should consider how you think. If you are some man's mistress you should consider how you think. If you are drowning your heart with alcohol you should consider how you think. If you are cheating on your spouse you should consider how you think. If you are planning on killing your boyfriend's wife you should consider how you think. If you are jeopardizing your children's lives by bringing an unrelated male into your home you should consider how you think. If you are allowing your husband to beat you in your home you should consider how you think. If you are soothing your mental pain with opioids you should consider how you think. If you are considering moving in with a man without the benefit of marriage you should consider how you think. If you are not preparing for retirement you should consider how you think. If you purchase expensive clothing to impress others, but do not spend your money so your children can have a tutor you should consider how you think.

One of the reasons why mankind has had and is having problems with thinking is that all his or her life they have been taught what to think not how to think. A case in point is the notion that Columbus discovered America. He did not. Recently a group of seventh graders took a publisher to task for saying in their textbook that Columbus discovered America. The seventh grader said he discovered an island in the Caribbean not America. Not being taught how to think is especially true in households where the parents do not allow dissenting opinions of their children. Parents such as these exert control over thought in their household because they cannot tolerate or counter opposing opinions. They cannot tolerate a child questioning the existence of God. The theory of creation must be accepted because it is right. Not so much that the theory of creation is right or can be proven but that certain men say it is right and these men can back this opinion up with a gun. These gun toting men say, We shall ignore any opinion that we do not agree with the way we think. So you see man has

two problems he is not being taught how to think and his thoughts are constantly being inhibited by men who seek power. Men who think cannot be controlled unless you kill a million of them. So says the dictators of the world. All a dictator needs is a gun and religion. He can rule forever. Politics aside let us look at areas closer to home. We shall discuss thinking with respect to who is the face in the mirror that we look at every morning.

There are several categories of thinking. When you have time go to several dictionaries and look up the meaning of the various categories of thinking. There is negative thinking and there is positive thinking. There is healthy thinking and unhealthy thinking. There is emotional thinking and there is non-emotional think. And there is a category called critical thinking. This is the type of thinking used by problem solvers and inventors. These thinkers were responsible for the scientific method. These are futurist thinkers. They are constantly asking the question what if. Only when they ask the question what it the thinker is looking to project and solve a problem. They are not looking to forecast gloom and doom. Most people think negatively. Forgetting that negative thinking means when you think this way can foretell the future. The problem with negative thinking such as worrying it can become a habit. Negative thinking can turn you into a sad sack and no one wants to be around you. They do not even want you as an employee or a neighbor. Why because negative thinking is no good for yourself or others. Your thinking does not enhance lives. Your thinking causes people to be depressed. When drinking is no longer fun it is depressing. When using drugs is no longer fun it is depressing. Let us now take a look at the various situations people find themselves in.

**" Everyone is entitled to his own opinion, but not his own facts." -  
Daniel Moynihan**

Are you afraid of laughter? Do you sit at home, or on the bus or in your car wringing your hands with your stomach tied in knots worried about what someone will think or say about you if you try something new and fail? Don't. There is no need to worry because if you don't try you can't fail

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The most powerful action you can take in your life is to pick up a book and read it. Reading eliminates the thoughts that you are afraid of. Reading eliminates your fear of being laughed at or ridiculed. Reading can help you find the answers why. Years ago I read several books that changed my life these books had a profound effect on my life. I was reading James Baldwin at the

time. I had purchased every book Mr. Baldwin had written and I was rereading him when I discovered Samuel Greenlee. I put James Baldwin down and I read the book *The Spook That Sat beside the Door*. The substance of the book reminded me of a book written by Franz Kafka, a German Jew, both these men stretches their readers imagination and will. Kafka did not live to see his Germany destroyed. His life demonstrated that regardless as to what is planned for you by your parent's one's will and identify struggles to be let out. When you read him you must read him as a person being reborn again and again. That very same year I read two books by the Black psychiatrist Franz Fanon, *The Wretched of the Earth* and *Black Face White Mind*. After that I read everything I could find written by Dr. Alvin Francis Poussaint and Dr. Frances Cress Welsing *The Cress Theory of Color Confrontation*. These authors are worth reading. If you do nothing else go to Youtube and listen to Dr. Welsing speak. Look at her manner her poise and speaking structure and look at her eye contact. Look at her clothes look at her hair. She is happy with herself. As you watch her you will see her will and confidence expressed. She makes no excuse for herself and neither does she ask permission to be. Books will tell you it does not matter what you do not know. Books will tell you the only thing that matters is what you can make people think you know. This is why you need to make that phone call to the activity center, because if you never try and succeed at something you will never gain confidence to do. Is this true if you don't try you can't fail? God Bless

## Part One

### Are You Not You Tired of Being a Fool?

“Man for any considerable period can wear one face to himself and another to the multitude without finally getting bewildered as to which maybe the truth.” *Scarlet Letter*

You loan Paul money he never pays it back. You help Julia with her children but she never remembers you for Christmas. There is more to life than looking for an opportunity to lie, cheat and steal.

Spending 20 to 40 years in prison is a waste of your life. You can do better. Have some pride about yourself. Learn to think. Learn to read well and leave your foolish friends behind. Stop being afraid of life and avoiding responsibility to yourself.

Some people say if you want to hide something from a Black man put it in a book. Why not read this book and find out how reading can change your life and bring health and wealth to you.

You have nothing to lose. Two hours out of your day will change your life drastically. Just because you started life off from a position of weakness does not mean you have to remain weak. Take control of your life.

Stop associating with men who are fools.

In this book you are going to learn to recognize a fool, even if that fool is you. The only problem with being a fool is if one continues to be a fool. Everyone makes mistakes and does foolish things. That behavior is part of life but the behavior that does not have to be part of life is continuing in that behavior. When is enough, enough? When are you going to face the fact that your marriage is no good because of you? When are you going to face the fact that your children are failing at life because of you. When are you going to face the fact that you need to change. You need to know when you are talking to a fool. You need to know how to recognize a fool.

The word fool is not a nice term. People do not like it. The word is demeaning. It makes people feel bad to be called a fool. Nevertheless, the word remains in the dictionary because it is a word that accurately describes the behavior of some people. If you do not like being a fool or you are tired of thinking you are a fool it is time to change. Consider this:

When you left high school you never envisioned yourself spending time in jail. You never envisioned yourself as a drug courier. You never thought you would burglarize house or sit inside a dope house holding a shot gun to make money. You could have avoided all these jobs if you had learned to read. All you have to do is learn to read. Reading brings you knowledge and knowledge brings you creative ideas and know how. You can learn a new trade by reading. You can learn to be a mechanic, a carpenter and



even a plumber if you knew how to read. You need to make up your mind that you want to do something with your life and change. You need to change environments and you need to change friends. Wisdom is defined as: the quality or state of being wise; knowledge of [what](#) is true or right coupled with just judgment as to action; sagacity, discernment, or insight. How wise are you going to be today? Are you going to change? Are you going to start living your life being respectful of yourself and others? If you participated in any of the above behaviors you were not only foolish you were a follower. You let someone tell you that that behavior was smart so one of the first steps of not being foolish is to change your friends. Leave all foolish people in your life alone.

There is too much pain in our communities. There are too many people living painful lives. We have too many unhappy children. We have too many unhappy seniors'. There is too much anger in our community. There is too much hatred in our community. There is too much self-loathing in our community. Something needs to be done about it. A few hours of your time can solve the problem. All you have to do is learn to read and separate yourself from evil thinking people. You must separate yourself from all the predators living around you. One thing which maybe painful is that you must realize there can be evilness in your family. Once you identify evil acting people in your family you must leave them alone. You should not eat with, sleep with, talk with, or walk with anyone who is essentially different than you. If you do, you may lose your life or their evilness may cause the death of your children.

God isn't going to defend your mind for you; it's your responsibility. With the Word of God in your mouth and in your heart, you can defeat the enemy's suggestions every time. Here is a word from Ephesians 4:21—24 declares, *"Since you have heard about Jesus and have learned the truth that comes from him, throw off your old sinful nature and your former way of life, which is corrupted by lust and deception. Instead, let the Spirit renew your thoughts and attitudes. Put on your new nature, created to be like God—truly righteous and holy.* This is your new identity in Christ Jesus. Put forth your best effort to keep yourself in the right frame of mind. Stay in the Word and keep out the wrong influences as an act of your will. When you become a good custodian over your thought life, you will be victorious over negative thinking and the pain. Ephesians 4:21 says God's word can defeat the enemy's

suggestion and the verse says the Spirit can renew our thoughts and attitudes.

[Why not try God's word and see what it can do in your life. You believe in ghosts and goblin. You believe in monsters. Why can't you believe in God?](#)

\_\_\_ You need to make up your mind whether or not you believe there is a God. If you believe God exists, follow him. You need to make up in your mind what type of life you want to live and who you want living that life with you. If your best friend exhibits bad behavior you will just have to leave him or her alone. Philippians 4:13 tells you *"I can do all things through Christ which strengthens me."* What is it that you want to do? Ask God to strengthen you.

There are two passages in the Bible that you must take with you when you go into battle. A battle as defined as any opposition. That is right you will always be in a battle when you try to change your life and stop associating with bad people. You will need help when you try to extricate yourself from the affairs of others including family members. Put these passages to memory. They will serve you well during hard times when you despair, when you are afraid or you think God has not heard you. The world says when you are experiencing hard times you are supposed to suffer, you are supposed to do what you have to do (i.e. prostitute your body, steal or kill for food, accept low wages and accept abuse from your employer, go home and eat a plate of denial and drink a glass of hatred). You are to bemoan your life and accept your fate.

Read these passages several time especially while you are at work (during your breaks or lunch hour). They will help you throughout the day.

Your enemy does not want you to believe in **Psalm 23 and Psalm 91**. He wants you to believe your situation is desperate. Just remember the situation with the lepers. God had already turned the situation around. The Syrians had deserted their camp but no one in

...and it shall come to pass that before they call I will answer, and while they are yet speaking I shall hear.

Samarian knew it until the lepers stumbled upon the Syrians camp then went

and told the news. Remember Isaiah 65:24 People were praying inside the walls for God to deliver them and they had received their deliverance and did not know it. It took the lepers going to the enemy's camp for the Israelites to realize they had been saved. Some time you have to be still quiet your spirit so you can receive directions. We live in a physical world but our destiny is determined in the spiritual world. God has given us His word to tell us how to conduct our lives. God says we are to take His words to create a life Repeat His word to enhance your creative power. God said chose Life. To do this you must believe and you must stand up. Do not let negative people and toxic relationships keep you from realizing your dreams. Call me and let us talk. You can be a better person.

You must stop doing what you are doing and decide on a better life. The drinking, the smoking, the snorting coke, lusting after someone else's boyfriend or husband and the sexing every chance you get signifies you have no respect for yourself or your children. You have given up. You do not know how to manage for your life.

How low are you going to go before you change? Your children will not survive if you do not change. Take a good look at your children. They will not have a future if you do not change. Are you not tired of seeing black boys and men being carted off to prison for lack of knowledge and opportunity? Are you not tired of seeing Black women stand on the corners prostituting. Are you not tired of envying other people, saying to yourself I wish that were me? Stop fantasizing. Stop being ashamed because you are poorly educated and afraid. Stand up and change your life. Change is hard but why die expressing regret.

You can change regardless of your age if you so desire. Ask yourself,

- Do you want to have rewarding personal relationships?
- Do you want to run a successful business?
- Do you want to raise a beautiful, happy family?

Whatever your dreams are – They are all possible **IF** you have the roadmap, the set of instructions on how to achieve these goals. You can develop your roadmap by reading comparing notes and developing your ability to think. You can have what you want in life

but you must begin speaking to yourself positively. Shut out all negative speech from yourself and others. You can have what you say, but you must be consistent in what you say and believe. When you oscillate back and forth, you are being consistently inconsistent. That is right. You are inconsistent in your belief and you are consistently sowing seeds of doubt and unbelief, and that is what you will harvest. You will harvest doubt and unbelief. Whatever you put in the ground of your heart will grow. If you frequently put doubt and unbelief in your heart and mind, then that will be your harvest doubt and unbelief. You can have what you say, but what you say must be consistent in what you say. You must consistently speak faith, happiness, and wellness into your existence. The words you constantly say to yourself are important.

If you continually speak the problem, that is all you will harvest: the problem. Whatever you consistently say, you will believe. If you are constantly telling yourself that you are no good, that you cannot learn, that no one will want you, then that is what you believe and that will be the result of your life. You will not be able to learn and no one will want you. You keep talking yourself into trouble. You must begin paying attention to the conversations that you are constantly having with yourself and others. Regurgitating the same phrases over and over again into your life causes you to live the same old life. Why get up in the morning telling yourself, it is going to rain; it will be one horrible day. Why forecast gloom and doom into your life. You woke up why not be glad that you woke up? How do you know it is going to be a horrible day? What special talent do you have to foretell the future? You are setting yourself up to be miserable just because it is raining. You are letting a natural occurrence control your behavior and thought life. You can be offered a job on a rainy day. You can meet an old friend on a rainy day. You can have a wonderful lunch sitting by the ocean on a rainy day. Why close off your life by negative thinking. Negative thinking comes from a fearful heart. You fear you cannot control your circumstances. You can stop this type of behavior by realizing you are in control of what you think and it is positive thinking that will change your life for the better. The subject that I just finished speaking of is called the internal dialogue. One of the most devastating characteristic of man is the negative conversations he carries on with himself.

Since you are going to be in the graveyard forever you need to decide to make the best of the time you have on earth. You need to do the best by yourself and stop taking the foolish advice of others.

## **You Will Be Here Forever Make The Right Choice**



## **So What Will It Be Life or Death**

There is only one of you. I do not care if you are a twin or a triple there is only one of you. Because the you that you are is unique it is important that you remind alive as long as possible for the betterment of your children and family. You are made up of your experiences your desires and your hopes and dreams. No one dreams like you. Because of your uniqueness and since you will never come again it is worth everything for you to stay alive to tell your story to your grandchildren.

Since you are unique and important you must be committed to yourself image. You need to organize your thoughts, get rid of the naysayers in your life, control your fears and start believing in yourself. In other words you need to start believing in yourself.

If you get your head straight first then your body will follow. You made yourself into the person you are by the way that you think so if you want to change the person that you are you must change the way you think. Read this quote by Sally Kempton, "It's hard to fight an enemy who has outposts in your head." Many people dealing with failure do not realize that their self-image is the problem and the foundation of your self-image is the way that you think. What do you see when you look in the mirror and what do you see in your mind's eye?

The word self-image is a noun it is the idea one has of one's abilities, appearance, and personality. Self-image is the picture we have of our self. The key here is how this picture was constructed. A self-image is in its most basic form an internalized mental picture/idea you have of yourself. It is how you think and feel about yourself based on your appearance, performance, and relationships that consistently impact your outlook on life as well as your level of [happiness](#) and fulfillment.

Your self-image is the impression you have of yourself that forms a collective representation of your assets and liabilities. In other words, your self-image is how you see yourself based on your [strengths and weaknesses](#).

Our Self-image is how we perceive of ourselves. This picture is built up over time based on the many experiences we have with people, friends, family coworkers etc. What are your hopes and dreams? What do you think and feel? What have you done throughout your life and what did you want to do? These self-images can be very positive, giving a person confidence in their thoughts and actions, or negative, making a person doubtful of their capabilities and ideas. What is important here is our self-image can be very different from how the world sees you. Some people who outwardly seem to have it all (intelligence, looks, personal and financial success) may have a bad self-image. Conversely, others who have had a very difficult life and multiple hardships may also have a very positive self-image. Some believe that a person's self-image is defined by events that affect him or her (doing well or not in school, work, or relationships.) Your self-image has a very

strong impact on your happiness, and your outlook on life can affect those around you. If you project a positive self-image, people will be more likely to see you as a positive, capable person.

However, it's important that your self-image be both positive *and* realistic. Having a self-image that is unrealistic can be a drawback, whether that self-image is negative OR positive. Sometimes having an occasional negative thought or criticism about oneself can encourage change, hard work, growth and success. Sometimes having too positive an image of oneself can encourage complacency, underachievement, and arrogance. Finding the balance between feeling positive about oneself but having realistic goals is important.

Some of the most important information that we need to know about ourselves is, what thoughts build our self-images and what thoughts take away from our self-image. We need to keep rehashing topics such as self-image, self-esteem, confidence, internal dialogue and anxiety because these topics are very important to our lives. We have to realize many of us maybe descendants of people who were brutalized as children. In some cases their experiences have become our experiences. You need to understand how slavery and racism has affected us. If you suffer from low self-esteem or anxiety understanding how you were constructed emotionally by those around you will help you. This knowledge and turn your life around for the better.

One of the most important components of our self-image is our internal dialogue. The way we talk to ourselves can make of feel great or make us feel deadly ill. An **internal dialogue** or **self-talk** or **inner speech**, is a person's inner voice. It is a running verbal monologue that a person has with himself or herself while they are conscious. An **internal dialogue** is an **inner** conversation we have with ourselves

The discussion that we have with ourselves is usually tied to our [sense of self](#). Our monologues can be characterized as planning, problem solving, [self-reflection](#), [self-image](#), [critical thinking](#), or [emotions](#). When our internal dialogue or inner speech becomes negative or critical it contributes to psychological disorders including [depression](#), [anxiety](#), and a number of other [mental disorders](#), this is why I think it is important that we discuss the

subject of internal dialogue. Self-speech can lead to murder because it is associated with the image we have of ourselves.

I want you to see that life is unpredictable so don't be surprised if you find yourself wrong in your beliefs or expectations. These beliefs and expectations could have been given to you by your parents or relatives. There is always time for laughter and a miracle if you see it that way and sometimes you should go with the flow rather than condemning yourself. Something else I hope you will see in our discussion is that you prepare for the storm by doing three things: saving your money, reading, and never stop reading and learning a new skill.

After a great deal of research into the concept of self-esteem it seems that many of life's failures are linked to one's self-esteem. The lack of self-esteem seems to be the kissing cousin to the words avoidance, excuses, flight, risk takers and fear. There seems to be a negative chain of events that develops from the lack of self-esteem. If you lack self-esteem you may constantly say to yourself "I am not going to get the job so why try. She is not going to go on a date with me so why ask, on and on the churning goes until nothing is accomplished all because one does not believe in oneself.

A lot of us live lives, but only few live their dream lives. A lot of us have lofty dreams; we want to have successful relationships, we want to own big corporations, we want to raise beautiful families but only few people are able to fulfill their desires. A lot of people are confused about how to live their lives to the fullest. So they end up living a life of mediocrity. Maybe that describes you, you are not alone. Well, understand first of all that life is not rocket science, so what you put in is what you get out. If you fall into the category of people who do not have the willpower to live their own lives, then I've got good news for you the book series *women of courage* and **"You are The Prophet of Your Life"** is one of the books you need to read. It doesn't only help solve a lot of personal problems, it also provides practical guidance on how you can move from the realm of dreaming to the realm of doing, so that you can achieve your heart desires. These books will give you some insight into how you can attend to your self-esteem. You will receive suggestions of how to build your self-esteem. The books also will give you examples when you should seek professional guidance to help you with low self-esteem.



Now, you must see how negativity can ruin a beautiful life. By living positively, you can solve a number of personal problems that could stand in your way of a happy and successful life. Think of your life as a new building, for which you are the architect. You can decide how many bathrooms or bedrooms to put in your new house. Think of your life as a vehicle, for which you are the driver. You can decide when to stop your car or when to accelerate your car. Think of your life as a ship on a stormy sea, for which you are the sailor. You have to sail to safety otherwise the ship will capsize. Only you can determine your course. Only you can decide what direction you want to go. Everyday life throws different challenges at us, how we choose to handle them could make all the difference in our lives. You can decide what happens in your life. You can be your own prophet – you make the choices but in making choices you need reliable information. You cannot wager your life based on someone else's goals or beliefs. You can have a friend tell you it is a waste to save five dollars a week. She may say that it will take you forever to accumulate any money in the bank. Or your friend can say it is a waste of time trying to go to college and pay your tuition while working at McDonald. When people give you advice you need to examine their suggestions thoroughly. If you don't put money in the bank you will never have a savings and people should have a savings no matter how much money is in their account. And if you do not start going to college while working at McDonald when are you going to go to college. You must keep in mind some people can give you stupid suggestions based on the life desires. And some people may not think anything is worth working hard for. So before you make a decision based on what someone else's thinking consider your own thoughts their by elevating your self-esteem. If you think saving five dollars a week is important then that is what you should do. As the weeks go by you can increase your savings from five dollars a week to ten dollars a week.

A Chinese proverb says the best time to plant a tree was 20 years ago; the second best time is now

You should never be afraid of taking the bold step

You want a change of career at 40? Go for it!!

You need to acquire a new skill to boost your income? Go for it

You love someone but scared to tell them, come on do it now. No one would kill you for that

It's the story of your life, do not let anyone else but you be the writer

You can look beyond the façade of whatever despair and disappointment you are currently facing

Don't ever look down on yourself. If you ever have to look down, make sure it's your shoes you're admiring - repeat

Now Please take a moment to listen to these alarming statistics:

- According to a recent New York Times article, the U.S. suicide rate **SURGED** to a 30 year high in 2015.
- In fact - in the last 15 years alone:
  - The suicide rate for girls aged 10 to 14 TRIPLED
  - Middle-aged women saw a 63% increase
  - And for middle-aged men, the rate grew by 43%

These statistics are devastating.

People of all ages and walks of life are unhappy, desperate, and without hope. And the problem is getting worse. In recent weeks we heard of the suicide of George foreman's 42 year old daughter, Freeda and an Olympian track cyclist Kelly Catlin. Freeda had a short-lived boxing career ... having appeared in only 6 bouts and winning 5 of them. She retired with a 5-1 record after her first loss in 2001. George reportedly paid her to quit boxing 'cause he wasn't happy about her being in the ring. Freeda is survived by her husband, two daughters, 3 grandchildren and 11 siblings.

Cyclist Kelly Catlin helped lead the U.S. to a silver medal at the 2016 Summer Games. Last Friday, her family said she was found dead in her dorm room at Stanford University. Catlin, 23, killed herself. We must change this hopelessness this dark place where people go who think of ending their lives.

One way to fight this phenomenon is to fight bullies, hopelessness and worthlessness. We also need to look at the fact that many believe society is more important than the individual. Some people are made to feel small because they are different. We need to understand that conformity is not necessarily a good thing. There is nothing wrong with being different. In fact the church need to understand this and stop forcing people to think as they think. Everyone does not have to be a Christian.

God said chose Life. To do this you must believe and you must stand up. Do not let negative people and toxic relationships keep

you from realizing your dreams. Call me and let us talk. You can be a better person.

You must stop doing what you are doing and decide on a better life. The drinking, the smoking, the snorting coke, lusting after someone else's boyfriend or husband and the sexing every chance you get signifies you have no respect for yourself or your children. You have given up. You do not know how to manage for your life.

How low are you going to go before you change? Your children will not survive if you do not change. Take a good look at your children. They will not have a future if you do not change. Are you not tired of seeing black boys and men being carted off to prison for lack of knowledge and opportunity? Are you not tired of seeing Black women stand on the corners prostituting. Are you not tired of envying other people, saying to yourself I wish that were me? Stop fantasizing. Stop being ashamed because you are poorly educated and afraid. Stand up and change your life. Change is hard but why die expressing regret. Be Part of The Future – Become Involved. Just going to church and listening to the choir is not cutting it. You are not getting anywhere. You need to change what you are doing. Attend our meetings and learn how to change. Find out what you must do to win. The first thing you must do to win is to start reading and never stop reading. The second thing you need to do to win is to get rid of all the toxic relationships in your life. The third thing you need to do to win is learn a new trade. Always be able to do more than one thing as a trade. This way you avoid criminal thoughts.

What you can accomplish when you can read.

I did it so you can do it

I did not know how to write a book I went to the library and found books that told me how

I did not know how to research property I went to the library and found out how.

I did not know how to operate a computer I went to the library and learned how

I did not know how to make a web page

I did not know how to format a disc

I did not know how to make a dvd

I did not know what mp3 or mp4 was  
I did not know how a book is organized  
Because I did not know these things and more I went to the library  
and found out how to do them. If I can do it so can you

Deuteronomy 30:19-20

19 This day I call heaven and earth as witnesses against you that I have set before your life and death, blessings and curses. Now choose life, so that you and your children may live 20 and that you may love the LORD your God, listen to his voice, and hold fast to him. For the LORD is your life, and he will give you many years in the land he swore to give to your fathers, Abraham, Isaac and Jacob. So that your children may live, so your children may live. King Ahab's children did not live.

## Part Two

### Awaken the Power Within You

Follow the instructions in this book and Be Prepared to Win.

No one ever wants to admit they are anxious and afraid of an impending disaster that they are anticipating. These people would prefer to walk around during the day pretending everything in their

life is going well. When they return home and are alone with the night the terror returns. The anticipation of a disaster often leads to an upset stomach, terror at work and sleepless nights. Some people fight the condition of anxiety with drugs. Some people fight anxiety with alcohol yet almost no one fight anxiety with the word of God. No one ever wants to admit they need help to bring order to their lives. The problem with this type of thinking causes people to walk around basing their lives on assumptions they make about the lives of others. They tell themselves I do not want to appear weak because Steve doesn't act weak. I don't want people to think I need help managing my life because no one around me needs help managing their lives. Believing these assumptions cause people to live miserable lives. Put these thoughts aside and let the author help you fight for control of your thought life. This booklet will help restore your faith in the future and bring peace to your day.

If you are in trouble you need to read this book. This books need to be read over and over again. This book will help you feel better and help you manage your life. This is not a sales pitch. This book will help you. This devotional is filled with information to help you face the day. You can carry this book in your purse or breast pocket and read it to help you meet life challenges during the day. This book was written to show you how to develop and protect your mind and to elevate your self-esteem. There are moments in life when we all have to be encouraged to make it through the day. We have problems at work, problems with our spouses, problems with our children or problems with our bills. These situations and problems weigh us down to where we do not know which way to turn or we just want to quit. This book will help you. You will be encouraged. Drinking is not the answer nor is smoking a joint of marijuana before going to work the answer. More and more women are now being cited for DWI's and entering prison on drug charges. Pick up this book and read it over and over again until your countenance returns until you feel the joy of life again. There is a passage in the book [A Christian is Never Desperate](#). I think will help you. It helped me when I was homeless. Tell yourself "This is what the Lord, The God of Israel, said. Talk to the Lord! Notice the power in this praise, say it again *This is What the Lord, The God of Israel said*, then repeat to yourself what God says about lack, about your health about your peace and about your prosperity. Repeat God's promises to

yourself. Faith is belief. Now if you do not know God's promises how can you repeat them to yourself to help you through the day? You need to do your homework. You need to learn God's promises. Some of God's promises are in this book. This is why I said to carry this book around with you. So you can have God's promises handy when you need them.

What You Must Do To Win was written to be a resources for you to use to give you encouragement, refreshment and strength to fight daily battles of survival. It was written to remind you that you can win. Life is not something that you suffer through and then you die. Life is a passage of time to be lived in joy and happiness with God at the helm. This devotional will keep your mindful of your responsibilities to God and your responsibility to yourself and to your family. Keep this book with you at all times. You will find referencing the scriptures will help you strengthen your mind. These scriptures will reinforce your faith and sustain you. When you feel panicky or when worry overcomes you at work, go into the bathroom and repeat one of the scriptures out loud to yourself. These scriptures will fortify you. Some days you will be overcome with fear thinking nothing will get you out of the situation you are in. This is not true. Change can come into your life but you must examine your life decide what you want to change then plan for these changes. You must learn to take one day at a time. This will lower your anxiety. People lose control of their emotions because they keep jumping ahead in their minds. They forecast gloom and doom. Not realizing that most of what they think will happen never happens. You must master taking one day at a time. When you take one day at a time you will began to look forward to incremental change. You must learn to believe in change. Women feed their anxiety by thinking nothing will change. They expect nothing so they get nothing. *Worrying will kill you. Fear will kill you and avoidance will kill you. You can develop the courage to save yourself and your children. Just as you learned to worry you can learn not to worry.* The genesis of worry is fear. You can learn how not to be afraid, just as you learn to be afraid. Learn to recognize when you are fearful and learn to fight against fear. It is important that you start walking with God. It is important that you read, study and meditate so that in times of trouble you will not falter but gird your loins and stand for right not evil. Worrying lowers your expectation of the future. If you have a God, why low expectations.

You have low expectations because of the way you think. You do not believe. You want to believe but you do not believe. Say I have a God then stand up. This is what every Christian is called to do.

Failure in life is often due to a person's refusal to change and refusal to confront his or her fears. Rather than picking up a book and learning something new, the person keeps doing the same thing over and over again expecting a different result. There Are Women Who Are Told the Best way to get a man to marry is to have a child. The first time the woman has a child the man does not marry her. She tries the technique again. She gets pregnant for the second time has a child the man does not marry her. She tries the technique a third time. She Has Not Learned. How many abortions are you going to have? Rather than changing herself she keeps doing the same thing over and over again. Rather than picking up a book and learning how other people solved the Same Problem, she does not change. She fails to realize there is more than one way to solve a problem and she can learn this information by reading. This woman Has Failed To Realize she has made a faulty assumption (Having a baby leads to marriage). Do not be one of these people. Pick up my books and try something new. My books provide a broad discussion on many subjects that affect one's life. Read, learn then change.

Part of change is to stop lying to yourself. Stop walking around pretending everything in your life is ok. Stop acting as if you are in control piling up more and more debt, avoiding your mortgage payments to pretend wealth. And stop depending on the conversations you are having with you best friend. You must sit down make a clear assessment of your circumstances decide what needs to be changed in your life, make plans for these changes then act. Take a deep breath and admit your problems to yourself. Admit you made mistakes with your children. Now tell yourself you are determined to change your circumstances. You are not going to spend another second living a life that you do not want. And please learn to keep your mouth shut what you may not realize your friends and family may not want you to change or to do better than they. Doubt is a contagious. Fear conveyed by friends and family usually early in life turns into doubt and develops into a habit. What some people do not recognize is that their friends and family members may have a low

expectation in life and they are incapable of encouraging themselves or others. They practice a mode of living called "avoidance". They walk around pretending. They live a life of bitterness and die with hatred in their heart for themselves, those around them and God. Your self-image is determined during maturation and it is based on the encouragement and love given to you by your parents or the disdain shown by others. You must learn to encourage yourself and not depend on the strokes of others.

Change is not an easy process. It hurts. You will be confused. You will be scared and weary. Things will go wrong but you must be determined to claim your life regardless of your age. Two problems cause women to be defeated their self-image and their self-doubt. Do not grow old being bitter filled with hatred where your envy of the young turns you into a monster. Do not be afraid that you will live a life of despair. You must learn to live a life of expectation not despair. Evaluate your life. Evaluate the people you confide in. Evaluate then make plans then act. You will be alone but being alone is better than being part of a herd going nowhere. Granted you may not know what to do to change your life. But one thing is certain if you do not step out seeking knowledge through reading you will never live a fulfilling life. Your children will benefit from your diligence. You believe what you read in magazine when you change your hairdo to attract a man. Why not believe in me when I say my books will have your make a permanent change in your life. Read, learn then change. Change will be difficult but you can do it. Just stand up.

Here are four (4) scriptures I want you to repeat throughout the day to keep the terror away. These are power scriptures to give you a sense of control over your life. I want you to say these scriptures over and over and over again. These scriptures will nourish your mind. The reason why this is important is because you cannot make good decisions when you are filled with worry and dread. Hope is a mainstay of life and these scriptures will give you hope.

Exodus 23:25 And ye shall serve the Lord your God, and He shall bless thy bread, and thy water; and I will take sickness away from the midst of thee."



Exodus 23:25 says serve the Lord and when you need Him He will be there. You do not have to be afraid of the doctor's report. You do not have to be afraid of your employer. Stay close to God and He will stay close to you.

Exodus 23:22 But if thou shalt indeed obey His voice, and do all that I speak; then I will be an enemy unto thine enemies and an adversary unto thine adversaries.”

Exodus 23:22 says if you do as God has instructed you do not have to be afraid because God has your back. You are not fighting your enemies alone.

Psalms 84:11“... No good thing will he withhold from them that walk uprightly.”

Psalms 84:11 says God will provide for you even in time of famine. There are no limitations on God's promises. Now here is the question for you. Do you believe? That is the problem. You say you are a Christian but you do not truly believe. If you truly believed God's promises your nights would not be filled with terror. Please do not read these verses one time. Read these verses over and over again. You must have a complete understanding of what God is telling you.

Now read Hebrews 11:32-34 “And what shall I more say? for the time would fail me to tell of Gedeon, and of Barak, and Samson, and of Jephthae; of David also, and Samuel, and of the prophets; Who through faith subdued kingdoms, wrought righteousness, obtained promises, stopped the mouths of lions, Quenched the violence of fire, escaped the edge of the sword, out of weakness were made strong, waxed valiant in fight, turned to fight the armies of the aliens”

Hebrews 11:32-34 gives you a blow by blow of the accomplishments of six (6) men who called upon on God and were answered. Gedeon, and Barak, and Samson, and Jephthae and David and Samuel, lived tumultuous lives. They were always in and out of trouble with their neighbors, with their colleagues at work and at home with their wives and children. These men had the same worries as you. Just because it was 2000 years ago does not mean anything has changed so substantially that you and they

are not experience the same dilemmas and trials. What did these men do? They tried to rid their lives of sin. They prostrated themselves before the Lord. Ask for His forgives. They bathed their minds with His word and tried to follow His commands.

Get your Bible and read the chapters in the Bible where these men are discussed. Picture yourself in their shoes. How would you have solved their problems? What choices would you have made differently? One of the problems people encounter with learning is they skip over information. They do no reread. This is the problem people have when they return to school. They do not reread or rehearse. They read information on time telling themselves that makes sense. I understand what I have read. They go out on Friday night. Have a great time then sit for an exam Monday morning. When they learn they flunk the exam they are devastated. They become frustrated not realizing they did not rehearse the information they thought that they understood. Math has to be rehearsed. One must do math, or chemistry problems over and over again until solving these problems become second nature and you can say what a second derivative is in your sleep. Writing an essay is the same. One must write and write and write until one's skills are perfected.

People read information and believe that is enough. It is not. Information has to be rehearsed

People read scriptures and tell themselves that makes sense then they put the information aside. But they do not put that information in their spirit where they can call upon the information when they need it in the future. People who do not rehearse information that they learn get poor grades in school. People who do not rehearse information get poor grades at life. They become angry and frustrated because they are not getting ahead. Eventually they get angry and jealous of people who succeed because they do not spend enough time learning and rehearsing the information they read. The people who work for Ford Motor Company or General Motors have spent hours and hours putting information into their memories. When you were spending time in the bar trying to attract someone they were sitting in the library or their dorm room surrounded by silence putting data and information into their brains so they could use that information in the future to establish a good life for themselves. Poor learning skills are the genesis of jealousy and envy. You sit in church telling yourself you

are as much of a Christian as the next person but you are not enjoying the fruits of life like the man sitting in the row in front of you. You keep seeing him come to church in a nice car. His wife and children are well dressed. Whereas you are wearing a suit you have had for ten years and you are driving a five year old Honda which you hate every time you stop at a light next to a man driving an F-150. What effort have you put into getting to know God? How many times have you tried Him? You sit in church envious and jealous of other people when you have no idea what these people have done to achieve the status they are enjoying. Man or woman the genesis of envy hate and jealousy is the same. Someone is doing better than you so you hate them. You fail to look at yourself. You fail to evaluate your behavior and honestly answer yourself what have I truly done to succeed. So the next time you feel jealousy and envy ask yourself what have I done to achieve the same status. Is there something I do not know and what have I done to obtain this information. Maybe it is time to pick up a book and turn the television off. If you do this maybe your children will learn from your behavior and they will not grow up hating and envying the children they go to school with who get good grades. May be your child will not turn out to be a bully.

You cannot gobble this book and then put it down on your coffee table. This book is to be read over and over again. This is for your mental health. You say you want to improve your life then you are going to have to work at it. The problems and situations that are occurring in your life are no different than the problems and situations that occurred in David life or what Samuel experienced. Gideon was called upon to exhibit extraordinary courage. Gideon came to do battle against the Philistines with 32,000 men. God sent all the men home except 300. That had to frustrate Gideon because in his mind he needed thousands and thousands of men to defeat the Philistines army of 143,000. Yet win the battle he did. Why because Gideon put his faith in God. God told Gideon you do not need a thousand men to win. So Gideon stopped arguing with God and marched off with 300 men by his side. Now here is your problem you do not believe. Proof of your disbelief is the inconsistency in your behavior. Sunday morning you arise put your clothes on and off you go to church. You get happy with the choir then you sit down and listen to the sermon. By Tuesday morning you have no recollection of what the pastor says and you are laden

down with worry. You spend Wednesday, Thursday and Friday worried. Saturday morning you go out and charged items on your credit card that cannot pay for then spend Saturday night in terror wondering what you are going to do. You have your nails done. You buy a wig or get your hair done. You go shopping with your girlfriend and since she is buying a new dress you buy a new dress so as not to be out done. When you get home you are sick at heart because you spent the light bill money or the insurance money. You neglect your children because the money you spent on your nails could have been spent on a tutor for your son so he can learn to read. Sunday morning you get up and start the whole process all over again. Where is God in your life? That's right where was God? Where was God during your week? Did you put Him on a shelf until you needed Him for Sunday morning?

Now if you want power you are going to have to change. Plain and simple you are going to have to change. You are going to have to develop some resolve in your life. You are going to have to realize your problem comes from your inability to think. That is correct the way you think and what you think is causing the problems in your life. You are a poor thinker. You have not spent time rehearsing and learning how to think. So before you can walk into a better life you are going to have to evaluate the way you think and how your process information that is coming at you all day long. What you are going to have to do is recondition your mind. You are going to have to pay attention to the words that come out of your mouth. You have a habit of talking to much. You must change this habit. You are going to have to pay attention to the assumptions your make every day about others. You have a habit of conducting your life based on the assumptions your make. You are going to have to change this habit. You are going to have to be cognizance of your behavior, how you treat others. You are going to have to stop running your mouth every time you get an opportunity to talk about someone behind their back. You cannot fill your day with fruitless chatter and expect to be successful at life. The very person that might give you an idea or a tip on a job will keep their mouth shut once they hear you gossiping. Oh yes they may laugh with you and appear to be entertained but you will never be invited to dinner where you can meet someone that can change your life. That is right the very sorority sisters that smile in your face and laugh at your jokes about Mary will never invite you to their

home where you can meet a man that can change your life forever. So the best thing to do is close your mouth and not take the opportunity to gossip. People who rehearse and are open to learning do not have time to gossip. Consider this, because you have not taken the time to rehearse the information that you need to conduct your life you do not understand the doctor when he speaks to you. Thousands of people every year commit medication errors because they do not understand what the doctor tells them or what the pharmacist says. If you take the time to rehearse information that you read instead of seeking to be entertained all the time your life might be better off. Some people die from these medication errors. There are people in this country that cannot read the instructions on the label regarding their medication. They have no understanding of the doctor's diagnoses all because they cannot read. They did not work hard enough to learn how to read. Nor did their parents have the skills to teach them to read. So it is time for you to change. You want a better life. It is time to rehearse and seek a new way of living. . Read Exodus 23:25, Exodus 23:22 Psalms 84:11 and Hebrews 11:32-34, again not for just understanding but where you can repeat these verses out loud. You want the verses to seep into your spirit. You want these verses to help you build your faith so you can live better.

Above I mentioned gossiping. How many conversations do you think occur all over the world that determines a person's destiny? Almost all of those conversations in part determine someone's destiny. I said you can be sitting in a room filled with women laughing at your conversation but secretly they want nothing to do with you in private. It is because of your tongue. Your true character is revealed when you talk. Once you open your mouth and begin to use your tongue your fate is decided. Read the following verses about the tongue. Take your time and mull over these verses with respect to your own conduct.

Proverbs 6:17 haughty eyes, a lying tongue, hands that shed innocent blood,

Proverbs 6:24 keeping you from the immoral woman, from the smooth Tongue of the wayward wife.

Proverbs 10:19 When words are many, sin is not absent, but he who holds his Tongue is wise.

Proverbs 10:20 The tongue of the righteous is choice silver, but the heart of the wicked is of little value.

Proverbs 10:31 The mouth of the righteous brings forth wisdom, but a perverse tongue will be cut out.

Proverbs 11:12 A man who lacks judgment derides his neighbor, but a man of understanding holds his tongue

Proverbs 12:18 Reckless words pierce like a sword, but the tongue of the wise brings healing.

Proverbs 12:19 Truthful lips endure forever, but a lying tongue lasts only a moment.

Proverbs 15:2 The tongue of the wise commends knowledge, but the mouth of the fool gushes folly.

Proverbs 15:4 The tongue that brings healing is a tree of life, but a deceitful tongue crushes the spirit.

Proverbs 16:1 To man belong the plans of the heart, but from the LORD comes the reply of the tongue

Proverbs 17:4 A wicked man listens to evil lips; a liar pays attention to a malicious tongue

Proverbs 17:20 A man of perverse heart does not prosper; he whose tongue is deceitful falls into trouble.

Proverbs 17:28 Even a fool is thought wise if he keeps silent, and discerning if he holds his tongue

Proverbs 18:21

The tongue has the power of life and death, and those who love it will eat its fruit.

Proverbs 21:6 A fortune made by a lying tongue is a fleeting vapor and a deadly snare.

Proverbs 21:23 He who guards his mouth and his tongue keeps himself from calamity.

Proverbs 25:15 Through patience a ruler can be persuaded, and a gentle tongue can break a bone.

Proverbs 25:23 As a north wind brings rain, so a sly tongue brings angry looks.

Proverbs 26:28 A lying tongue hates those it hurts, and a flattering mouth works ruin.

Proverbs 28:23 He who rebukes a man will in the end gain more favor than he who has a flattering tongue.

Proverbs 31:26 She speaks with wisdom, and faithful instruction is on her tongue

Proverbs 2:6 For the LORD gives wisdom, and from his Mouth come knowledge and understanding.

Proverbs 4:24 Put away perversity from your mouth; keep corrupt talk far from your lips.

Proverbs 6:2 if you have been trapped by what you said, ensnared by the words of your mouth

Proverbs 6:12 A scoundrel and villain, who goes about with a corrupt mouth

Proverbs 8:7 My mouth speaks what is true, for my lips detest wickedness.

Proverbs 8:8 All the words of my mouth are just; none of them is crooked or perverse.

Proverbs 10:6 Blessings crown the head of the righteous, but violence overwhelms the Mouth of the wicked.

Proverbs 10:11 The mouth of the righteous is a fountain of life, but violence

overwhelms the mouth of the wicked.

Proverbs 10:14 Wise men store up knowledge, but the mouth of a fool invites ruin

Now you are sitting there unhappy because you do not have any money. You think your problems in life would be solved if you had more money, more beauty, smaller feet or teeth when actually your life is a disaster because of your mouth. Your mouth has gotten you in trouble with your husband, with your employer with your friends and with your child. Look at the number of scriptures there are in the Bible regarding the tongue. Is that not a signal telling you a person should watch what comes out of his or her mouth? Wars have been fault because of what has come out of a person's mouth. Marriages have been lost, friendships have been destroyed because of what has come out of a person's mouth. Yet you apparently have paid no attention to the relationship between your mouth and your money.

Now I want you to take these scripture and hang your life on them. Read these scriptures and understand how they relate to your life. It is your behavior that is keeping you from money and prosperity. If a woman knows you are cheating on your husband, why would she bring you around her husband? That would be stupid. You have the morals of an alley cat. You are behaving like a whore so why should she not treat your like a whore. Why should she trust you? If you will betray your husband you will betray her. Conversely, if you are talking about Mary why should Sharon believe you will not talk about her when she is not around. Think. It is your mouth that is causing your life to spiral out of control. It is your morals, use your head. If you are not honoring yourself, how will you honor anyone else? How can anyone trust you? They can't trust your mouth. It makes you feel so good to talk about someone. Gossiping is one of the greatest pleasures of your life; although you do not consider yourself a gossip. You are just sharing information when you direct the conversation toward another woman. Do you not understand your mouth reveals your character? How many times have you left church and gone to a restaurant with people and sat down and started gossiping about the choir director or the pastor's wife. You wanted everyone to know what you thought of the woman with the big hat in church. You could not wait until the conversation turned to Gloria and Mary so you could talk about them. Your tongue wags so much it is a wonder it does not set itself on fire. Over the years you have persisted in this behavior. Have you not realized how many friends and associates you have lost over the years because of your mouth? You tell yourself that your friends or associates stop coming around or socializing with you because they got a little money after a promotion and think they are better than you. When the truth of the matter is they do not trust you. Both men and women have taken your measure and found you wanting. There are women who love their husbands dearly and do not want to face the situation of having their husband father a child outside the household. These women know from your talk how exchangeable you think people are. That flesh is just another change of clothing to you. They have seen your record. You have put all your wears on the table without hesitancy what conclusion do you think people should draw. Do you give no thought to life? Your problem is you



do not stop and think you react but you do not think. You holler and  
scream that you have no money but it is your tongue and