

Foreword;

I come from a line of strong women who all fought hard battles to gain their independence. I've had my fair share of romances and it took me ages to stumble and knock my head hard on a brick wall, which to be quite honest was the best thing to ever happen to me.

I finally woke up to realise that true happiness meant making something of my life, and so I did just that. My battle (and yes I had to fight like a bitch) led me directly into a semi government institution, followed by a bailiffs office and up till recently I worked for a company as the office manager. I write books, socialise and love my life even when it throws me lemons. So when will I settle down and make some man happy? The day that I meet a man who is mentally strong and capable 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 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 mainly 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 on the move, 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, moving about more and exercising. Women who move around