



Folake Taylor is an outpatient Internal Medicine MD who lives in the suburbs of Atlanta GA with

her husband and toddler. She was trained at the Morehouse School of Medicine in the Internal Medicine Program mostly out of the Grady hospital in downtown Atlanta. Born in the United Kingdom to Nigerian born parents, she was raised in both countries and has visited different parts of the world before settling in the United States to live the American dream. Folake is a practicing Christian and was raised as one. She loves life and like Michael J. Fox, describes herself as an incurable optimist. She also loves to have fun, especially with her favorite people, her husband and little girl. She loves to travel, loves water sports (though a non-swimmer) and she loves to read and watch great movies. She believes in making the world a better place, one person at a time, one good deed at a time. And she has faith that it is possible if only we try.

"We can do it. Yes we can!"

Please visit

WWW.THEONLYWAYISUP.NET

for different ways to purchase this book. It also makes an excellent gift item for a young person just starting to navigate through life's maze.

Or visit

www.amazon.com

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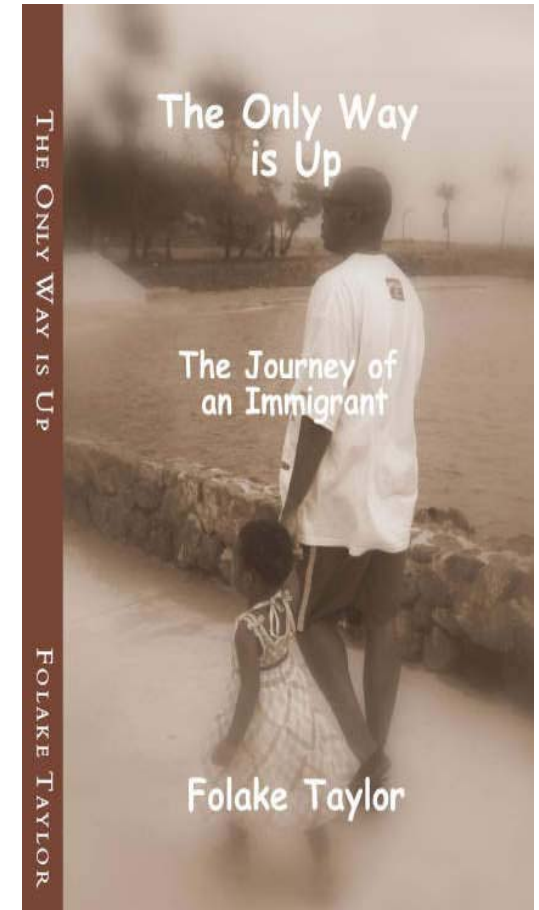
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770-312-7973

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F. Taylor

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This is a phenomenal book written by an immigrant to the United States of America which focuses on empowerment. It addresses issues in our society that need improvement. It gives a refreshing perspective and sheds light on growing up in a different environment as well as the benefits of global exposure.

This book features the author's experiences and views on pertinent life issues.

The objective is to empower women. However, the greater part of the message is of relevance to a wider audience especially immigrants and Americans who see a need for change. You will find insight, solutions and encouragement in this book if your answer to any of the following is affirmative:

- Are you unhappy and unfulfilled?
- Are you struggling with your weight and nutrition choices?
- Are you an immigrant on the verge of abandoning the American dream?
- Are you in despair about your birth circumstances and life?
- Has it been hard to meet and hitch that perfect guy?
- Do you desire stability in life but it has eluded you?
- Do you have a need for a positive role model?
- Do you see life as stagnant and with repeated blunder?
- Do you have a curiosity about life outside of the United States?

A GLIMPSE INSIDE...

CHAPTER ONE Who am I?

CHAPTER TWO Why am I here?

CHAPTER THREE My life principles

CHAPTER FOUR Juggling work, family and motherhood-balance in life

CHAPTER FIVE For all my single ladies

CHAPTER SIX How did I get my inner strength and confidence?

CHAPTER SEVEN More on my childhood and early life

CHAPTER EIGHT Nutrition, exercise, weight and health

CHAPTER NINE Culture shock

CHAPTER TEN Subtle racism-racial insensitivity!

CHAPTER ELEVEN In my shoes

CHAPTER TWELVE Success, quality of life and living with chronic illness

"I came to this country with three hundred dollars to my name!"

"...it all begins with believing in herself. The sense of self worth we help instill will breed confidence which then translates to success. When others see that confidence, they will believe in her."

"Kids need both parents if you can help it, regardless of the sex..."

"Raise your kids to be able to survive in the world, not just your home."

"Join yourself to a person who has a purpose in life-a dream."

"Never underestimate the power of exposure to other cultures..."

"...success is about what is on the inside-the quality of a person, not the quantity of their possessions."

"Wealth is always a bonus, not a necessity."

"Be the architect of your own destiny."

"You can change your legacy and in turn, that of future generations."