
Introduction

I am a young woman traveling through one of the most vital stages of my life to date: the journey that leads from the post teenage/college years, to real life, full blown adulthood.

As a recent college graduate, I definitely have a long way to go before I can consider myself a true “grown woman,” however, the experiences I’ve gone through, as well as the many observations I’ve made of those closest to me, have inspired me to write this book. I wanted to take the time to speak directly from my heart; to help the countless young ladies out there who are just like me, struggling to balance this thing called life.

Let’s face it, women are complicated. There usually isn’t just one part of our lives that seems to be going haywire at one time: it’s actually more like five, six, or

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seven parts. It is not unusual for it to feel as if once one part of our life flies out of whack, everything else immediately follows. Well, I'm no different than you are; which is why I've channeled my assorted thoughts and experiences into this one book, or what I like to call a multi-topical collection of eye opening advice. Whether it be guys and relationships, emotions, future careers, or finding your God-given purpose, this book will cover it all.

Now, let me forewarn you, this is not your average "self-help" book. I believe that every girl's journey to womanhood is different; therefore, there is no set guideline on how to do it "right." I cannot give you a guaranteed step-by-step tutorial to magically eliminate every problem in your life, nor can I claim to know it all. I can only offer *my* advice based on my own personal knowledge and experiences. I feel like open-ended advice is the best type of advice because you are able to apply it to your own life. Open-ended advice is specific enough to strike a nerve, causing you to recognize parallels that exist between you and topic of discussion, while at the same time vague enough as to give you room to apply it to the very personal details of your own experiences. The same methods don't work the same for everyone, so this type of advice simply opens your mind to what only you can discover for yourself.

Hopefully, my words will shed light on your situations and offer a bit of encouragement and wisdom so that you don't have to learn every lesson the hard way. Use this book as a guide towards a new way of thinking! It is my hope that reading these words will force you to ask yourself a few questions about your current state and the direction in which your life is headed.

On the journey to womanhood, our minds develop into something we never imagined when we were younger. As you begin to mature in various areas, you tend to look deeper into "life" and analyze the world and the people around you in different ways. Some things that once seemed so simple may now seem far more complex. Emotions that never existed now seem to take over your whole being. Some days you may feel lost and confused about just about everything spanning from what you want to do professionally to who you really are as a person. I want to assure you that not only are these uncomfortable growing pains natural, but they are healthy and imperative for growth. It takes awhile for a person to come into form, mentally, physically, spiritually, etc. So don't be afraid. Being a woman is hard work! Just know you are not alone.

It is my hope and prayer that after reading this book, you will understand the importance of gaining control of your mind and your emotions, while learning

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just how much the way you choose to look at the world can affect your day-to-day life experiences.

Don't feel bad if you don't have the answers to all of the questions or problems that life throws your way. Life got a whole lot easier for me when I realized that everything isn't always black and white. The answer isn't always as clear as day and there isn't always a sign to tell us which way to go. Sometimes, the answer is somewhere in the middle. I think the solutions to life's deepest questions are often found along the journey. The journey makes us who we are. Without the journey, we wouldn't gain the perspective needed to tell our story in the way God wants us to tell it. It's the hardships, the troubles and the struggle that make the story worthwhile. In order to see the beauty in the pain and use your trials for greatness, you must first learn to recognize a lesson when it's staring you in the face. Internal growth can be a difficult reality to endure, but it's a process we should embrace with open arms. I am so appreciative of each and every lesson in maturity, what I have come to see as epiphanies within.