

WOMAN FIRST MOTHER SECOND (Author's Preface) by Nicole A. Walker

For a long time, I was a young woman who didn't know who I was. Didn't know what it meant to love myself. What it felt like to be truly happy. I didn't have time to think about me or what I wanted to do with my life. I was too busy taking care of everyone else, except me. Trying to survive on my own. Working hard to give my children everything I didn't have. So it wasn't until I got diagnosed with a chronic illness. Pregnant with fraternal twins; my third and fourth children. Did I realize; I was beginning to forget who I was. Why I was put on this earth. It was then I knew enough was enough. That I needed to make some big changes in my life. I wanted more for myself. More for my children, especially my only daughter. I knew I deserved more as a woman. So I went after it all; harder than I ever have before. I stopped repeating history, payed more attention to myself and learned to say no. I knew I had to reinvent who I was. I had to learn how to love myself again. It began by me educating myself in every way I could. Finding ways to uplift my mind, body and soul. To become the queen I was created to be. And from this self love journey, that continues to this day; came this book Woman First Mother Second. With saying that. I am a young woman and mother who fought, cried and struggled to be where I am today. I write to share my story. Using my wisdom and self love journey to empower young girls and women. My psychology background to educate and bring about change. In hopes of reaching just one woman seeking change in their life. One mother going through the struggle; looking for some motherly insight.