

## Special Thanks To

Hamilton, I see myself in you every day and you are without a doubt the perfect me in a boy's body. Your innocence moves me every day.

The truth for setting me free. Every morning as I woke up expecting a new headline in my name, you stopped me from crying. When I was being bullied and lied about constantly all for the sake of being some people's entertainment, you held me closer and tighter.

To everyone who was there in my difficult time and who just said "No she's not like that" or even saying "That's a lie". Thank you, I owe a part of my life to you.

To God, for keeping me alive when really I knew nothing was stopping me from leaving life and for giving me the courage to write this book and letting me see people for who they really are and making me brave and shameless to write it.

And again most especially to God, I know everyday people try to alter your will but you will forever remain in control as a God. All wonderful and powerful.

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Dedicated to everyone who has been hurt and still being hurt and still  
doesn't and will probably never understand why.

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## Humor is a requirement

*Anger, pain, confusion, lay by me all night long but,  
In day 'Mr its funny' and 'Ms I won't cry', walk by my side  
Like air to your lungs,  
Humor is a requirement.*

*When I laugh, it is so you don't see the scars you make on me  
When I say it is funny , it's not your words to me or what you say about me, it's not, it's  
nothing really  
The comedian makes me laugh, but you never make me laugh  
Humor is a requirement.*

*I refuse to cry and I won't smile to your eyes pride won't let me  
But also because I can't  
Laughter is the only one left, he is the only one who comes  
When you serve, I see you smile...*

*You smile, as if you expect me to say compliments to the chef;  
Devil or is it human nature?  
So no smiles from me , but I will laugh till my end come , it has to come , I can't , feel  
,hear, see and hurt like this forever.  
Humor is a requirement.*

*I woke up and I wake up still, wish no man harm. Yet ...  
Yet lies and all forms of abuses greet me through the day, to confuse and humiliate me,  
To disrupt me or I am wrong Society?*

*To annul, to crush, to damage, to destroy me or is it to kill me then say she pulled the  
trigger.  
Am I wrong? Society have your standards become so high that I never match them.  
To end me ...hmm am already finished but I will still laugh. What else can I do?  
Humor is a requirement*

*Like a baby being tickled naturally I know 'Mr. It's funny' is a requirement.  
I know a man who laughed to the bank while an axe hung to his back and he knew,  
But our hearts differ.  
I know a woman who laughed herself through abuse. She still died.  
Survival.....?*

*Survival, survival, what is humor? What is survival? Why did she die?  
Don't make me question,  
What am I surviving for?  
Why did she die? Real question is why do we do that to each other?  
Someone stop me from saying humor is a requirement, cause am still hurting*

v.s

## Introduction

You will respect me!!! This is the point which we should all aim for. You are not asking for respect. It is every possible and realistic that at some point in your life you have been treated as if your feelings do not matter. I hate that feeling so much, as if you are useful for only one thing, thrown away, tossed and insulted. Why this happens still scatters my brain but it is from a place of disrespect. No you cannot make people love you and if you look for that with everyone you will be at fault and desperate but respect you shall get.

This is a self-improvement book for everyone, people who have been victims of all forms of abuse and bullying. As well as those currently in those situations or those just trying to be happy. The book also caters to those who struggle to balance kindness and being level headed. And not letting anyone use you or harm you because of your good nature, be it kindness, be it patience, because yes that is what our fellow human being specialize in.

Practical solutions are offered on how to take charge and control your life. Still solid and feasible, you have adventure and knowledge on your side in this book. The book is for everyone, it also speaks on how to become successful and remain successful. No form of unkindness and rancor to others is advocated for, simply encouragement of independence and discernment for every individual.

The main focus is you and getting you to that space where you are happy and content. Though many obstacles may stand between you and happiness, it is accessible.

*One*

## *They surround us*

It seems there is no use getting angry, the world actually wants to stay like this, but I don't, You do not. So much pain surrounds us and it is what we call life today. But you have a destiny, you have hope and there is no getting there by just waiting for the world to realize, it is doing so much wrong. No matter how big your dream is, it is attainable, it is in your reach. You want your tomorrow, you want your destiny. You want your success. You should want what's yours and what's yours is what you decide today, but other decisions and situations have to be dealt with and tidied up first before we go far. You are to create your destiny.

The best way to predict the future is to create it but its best you understand the reality first. You and I have a story to tell and it involves another person every time when your feelings are on the line, because these people hurting and abusing surround us.

Growing up, now I realize, I had the most pathetic story spread about me, because of my body type. Apparently I was sick and dying, slowly off course, they said, otherwise they would not have laughed at me. I did not have any symptoms just a lot of negativity surrounding me. I was in this new city and people entertained a rumor all because a bunch of cleaners at a hotel had started and it spread like wild fire. It was not true, but I did not have the strength to even cry. I was too dry and in shock. I was in

survival mode. I had people whose names I did not know talk about me and have the courage to look at me and say am disgusting because it suited them. I had done them no wrong and here I was being insulted because it seemed funny to someone. I could not cry but I did have some element of hurt plus confusion within me. I am ashamed to say it but I was struggling. I was ready to denounce God and end my life. I was ready for whatever insults and looks that waited for me everyday and even knew when someone would randomly lie and say I had “told them” or I had “confided” in them about my disease, when I did no such thing. My life was in tatters, but I woke up one day and simply asked myself , what if what they were saying about me was true. I asked myself and I got deeper into the question and asked myself, (obviously cause they were all rumors of hatred , no one was willing to say that to me directly and I could ask) , would I have been less a human being if the lies they were saying about me were true. Would I have been less a person and unworthy of the general courtesy I was already not getting. If what they were saying about me was true. Why didn't they just conclude that and just leave me alone. I was now hurting and the question kept coming to my head would I have been less human because of a condition.

I have grown to realize that the world is unkind and there was nothing I could do to stop them ,but that junk of being hurt for no reason I do not think anyone should stand it. Being human is enough to qualify you for love and respect.

We live in a world of anguish, blue devils, cheerlessness, dejection, dolefulness, poignancy, misery and desolation. I am fearful to make talk of current events because I want this to be a timeless self-help book, but here goes... As I write the world mourns the Paris attacks that suddenly happened in France. YouTube has put the France flag instead of the red sign it uses. The 200 girls of Nigeria have still not come back and the

*#bringbackourgirls* has died. Songs are no longer on repeat and world campaigns are over. Politicians are still greedy and they say money is starting to circulate in the economy yet people still have nothing, it only circulates amongst themselves. The Syrian war is still going on and apparently, there is a new agenda to stop it, hmm. People still post memes on social media like; *"Me attempting to give an f\*#k"* and put a picture of a file loading to prove they do not care when they are hurting soo much within. People still post about loyalty being important yet back stab each other, too frequent. Some men still believe women are inferior to them, so when they say jump, she should reply "How high?" and emphasize their supremacy through treating them like a punching bags.

Two hundred and fifty thousand rape cases are counted by the United Nations in sixty ,five countries annually, yet again the police in many countries, discourage women from reporting rape. More depressing, they are one hundred and ninety six countries in the world less sixty five countries, you do the math. They are 9.63 per 100 000, homicides, each year but again suicide bombings and terrorists attacks are not counted in that number. Eighty three percent of girls and seventy nine percent of boys in schools have reported feeling bullied in school and online. Even disastrous, forty percent of boys bullied end up arrested three or four times in their lifetime or even become abusive towards women. More pathetic adults still bully each other, right after you leave school you, life can leave you feeling like you are back in a classroom and the mean kids still exist and you have no real friends.

Infidelity amongst partners has become so high it does not shock anyone any more, the popular statement is men "cheat that's just how men are" and now more than ever women cheat too, equal rights? Thirty five percent of women all across the world have been in abusive relationships

be it intimate partner violence or non-sexual partner violence in their life. And more pathetic, some young women believe that if your boyfriend hits you, it means he loves you.

These numbers are not hundred percent accurate, since people abused, bullied and raped, never publicly want admit to being subdued to this because of shame, but also because this world tells victims to shut up and perpetrators to go on normal. Even more ironic no statistics have been provided for fake friends and haters.

The world fosters a culture of turpitude towards one another, it is no longer jaw dropping but still hurtful each time it happens. I could tell you more catastrophes and you could relate so much or may not care at all, because after all you have your own struggles. After all we live in a selfish world and as it is said in Shona: “*Nhamo yemumwe haji rambirwe sadza*” ,meaning you do not refuse to eat the staple food, sadza, just because someone else has problems. This says you do not living life because someone else has issues and you feel sorry for them, your life goes on.

As human beings we can empathize and sympathize with each other's pain but we can never feel or explain their pain the way they felt it, and same with you, no one can tell your pain the way you did.

Rapists, brother ,killers ,unfaithful partners ,relative ,molesters, bullies, gossips, uncle ,liars, ,sister ,haters ,fake friends ,parents ,thieves, random strangers. Too many. Pick one who hurt you, who did you wrong. The one whom you never saw it coming from. The one you would have sacrificed anything for. The one who you defended and stood for day in and day out. The one who picked you on that dreadful day and made you a victim. The one whom left you scared you for life. The one whom had you doubting your faith. The one whom had you thinking maybe you

deserved this and the one whom had you feeling so bitter because you could swear on your life you did not deserve that type of hurt.

The world has become so decadent and no one can promise it will ever get better. The world is not idyllic as you would ever like it to be at all. We live in a world that seems not to care about your feelings and when it does, it is on a public platform where campaigns are being used along with a top chatting celebrity collaborations, talking about changing the world and imagining a different life for us all if only we were kinder to each other yet it seems so implausible when you see your life.

The world only remembers that we are all one when a natural disaster occurs and funds need to be raised. That is when they care. The ones who personally have done you wrong are the biggest culprits of all time. They tend to lead the change the world theme songs in public for show, all because good is still good to the world but slender and rape seem to be more fun, yet no one will ever promote that evil publicly or testify and say, *"Yeah this is what I have done."* Everyone still wants a good reputation.

In Ethiopia rape is a group activity, a man kidnaps a girl with the help of his friends and family. He abducts her for a long period of time and during that time he rapes her be it weeks or months continuously until she is pregnant. After that as the father of the child he is allowed to claim her as a wife, she has no choice. To finalize his rule, he negotiates bride price with the village elders and her family, then she is his. It is called marriage by abduction, but really it is rape, because she never had a choice. It is so normal too many of them who are uneducated that it has been titled culture, yet it is simply violence against women. This happens to girls young as thirteen.

He is not her husband, he is her abductor. The same man will continue to with his ruinous behavior towards her, because old habits die hard, he will practice domestic violence on her as long as he pleases. She will

continue to bare him more children through what is plainly marital rape, yet the world says, a man cannot rape his wife, yet she never wanted to be there in the first place. She becomes hopeless as her body and mind become used to suffering and abuse and she becomes a cynic at a young age knowing this will be her fate forever, till death to her apart. Her sons will do this also and all she would will be able to do will be watch, because everyone knows women do not talk, when the men are talking, she is so used to this. Evil has become accepted in this world, after all there is nothing new under the sun, a young girl has accepted her fate, and all she can hope for is he is a good man and he will not hit her. That's how corrupt the world has become.

Corruption has become a way of life. Good decent people who have worked hard to get educated, lose opportunities of employment every day, to those less qualified. Like back in the past where benefits were for certain races. Previously deprived ethnicities and races now have their on racism and discrimination, to benefit each other. As if history did not harm them enough, or did it become a trait they admired, as long as they advanced in life. It is hard to fathom that Japanese and Koreans are racist towards each other, when they all look alike to an uninformed person. While racist protests are held in Japan over the Koreans so many times. To a man of another color it is peculiar to know that the genocides in Rwanda were amongst the Hutsi and Tutsi. Yet you cannot see the difference on any of them, because they are the same people in color and in one country after all.

Politicians take people's taxes and use it to go on private holidays instead of building new roads and better hospitals. Somewhere on this dear beloved earth, money for new text books for the whole nation was used to expand personal ventures of the already rich and on this dear

earth a politician's son commits murder and will get away with it yet an average citizen who commits murder is executed. Nothing is in balance.

Through all forms of corruption economies fail and the moral decadency of the world drops another one thousand levels down because some manage to get away with it, through bribery and nepotism. It is hard being a minority in any place, you risk being neglected and discriminated on the basis of ethnicity, sexual orientation, disease and economic background, which is all not fair yet this is how the world is.

Serious crimes of hatred, murder, theft, abuse and rape are excused every day as if nothing happened. Most depressing is when it is said a woman invited rape. "She wanted it because of her dressing". The excuses sometimes surround money like, "money rules the world", they say or is it actually this world is ruled by the wrong people who use money to get away with anything, when they already have more stacked away.

Cyberbullying is nothing new to our world, phones and computers are quick buys depending on what brand you want and access to internet is quick as snapping your finger. Some people have seizures because of lack of access to wifi, yes I am telling you the truth search it up. Those who have opinions to get off their chest create fake accounts and let you know what they feeling about you and everything else you do. Yet some people get away with the same things you do and simply because it is you, they will say something. Some are brave to not use fake accounts. They bully you, using their true names and you see them the next day, and they pretend they did nothing wrong. If they are feeling more courageous than usual they emphasize what they said and do more, just to hurt you.

The excuse, we are all entitled to our own opinions, especially when you put yourself out there. Cyber bullying is disguised as fun, entertaining

and harmless and equally memes are created to emphasize it. Cyber bullying like any other form of abuse is seen as necessary or just harmless until someone shoots themselves on camera, uploads it on camera and then the campaigns begin. The apologies, condolence and concerns from the whole world but no campaigns are not done when celebrities get insulted every day, the excuse “You are a role model and blah blah blah.”

The ironies of this world. People will be going on at each other day in day out on social media and anyone can comment but after someone dies, people remember they have feelings. The world then comforts itself through celebrities broadcasting mean tweets about them and showing how common being brought down and humiliated is on social media, yet the next day our dear world continues with the same antics.

These evil people surround us. You and I are part of the cycle and life, it is beyond our control. I have been hurt by people whose names I did not know and people who I have helped I have been on the ground crying all night, hoping no one would hear, but still crying, what did I do to deserve this. Screaming in my wardrobe and in my bathroom, “It’s not true, Lord why me, what did I do to deserve this.” Many have cried and still no change, so they change. In all my crying and praying to God I realized some people think they are deities and what they want for my life is what should have. Then I think, I know these people, they have been hurt too like this and still nothing changes.

People do not learn, history repeats itself over and over again and no one seems to try to make a real change. From the days of Caesar till today politicians are still corrupt, greedy and just plain evil. Tyrants still exist, the restricted versions of Hitler and Stalin now lead the worlds. The world keeps on rotating and no one really wants change. Look at war, World war one came, millions died, and as if that was not enough World

war two came and still that was not enough. Now again millions and millions keep dying because there is always a war somewhere, Syria, Iraq, Iran... and somewhere else . The world sees casualties as nothing but statistics. Ever heard government justify war?

The world does not respect people, people make the world, so the damage will forever live in us the human species. Only on earth do people kill each other for differences in color and policies instead of preserving one another. On the only planet capable of holding life, do people do the same things occur over and over again expecting different results or even wanting those calamitous results. Ever heard a politician defend war?

Back stabbing is forever a world pattern, Judas pulled it on Jesus, who did him no wrong to him. Then what makes you and I exempted from that type of letdown, regardless of our efforts to be good people and be nice to everyone who we meet. On a world level, nations fight over religion. On a human level, only on earth will a man kill another man, as if he has been granted eternal life. Only on this earth does a person force themselves onto someone, when another person is willing to accept payment for a similar service. Do not get me wrong, I do not promote any form of lascivious behavior or to be clear prostitution, but why rape, when you can ask. Human nature is evil and nothing seems to intend on changing anytime soon, so you need to start changing.

Now I acknowledge that you probably live on the other side of the world. Where these dramatic things do happen around you, but they have not touched personally. If they have happened to you on a minor level, in your head you are slightly grateful that they did, because they made you who you are or just acknowledge things could have been worse or the plain fact that you still have your life makes you grateful and you may be bitter but at least you survived. You acknowledge hurt in your heart but

somehow in your head it is your pain and it makes you insecure but it is yours to keep, never to share.

Now I know someone reading does not really care about world tragedies or you have come to accept human nature is ugly, but you have to care. We live in an entwined world, a global village and at this point terrorist attacks do not count anyone out, it just has to be your lucky day, when you are in the wrong place at the wrong time nothing more. And behind all these tragedies and calamities are people just like you and me. So you should care because really what change are we really expecting. No you do not need to, be pessimistic because that will stop you from living a complete life however never become blind to the evil nature surrounding you, because you may be the next victim

**Life Lesson #1: People do not change, they evolve.**

This means if a person has an evil nature to them and you experience it the first and second time, it is who they are. That is what they think about you, that is what they have always wanted to do to you. People do not change that easily even if you use holy water and pray over and over again. That evil nature is just being watered and nursed, until it becomes a full tree, capable of bearing fruits, because evolving and growth is part of human nature. People do not change and this world does not plan on anytime soon. Never get into the business of thinking a person is hundred percent reformed because they love you or they are very sorry. Not that people do not make mistakes, but an error and a behavioral pattern are two different things. They may apologetic, but what lead to them to that behavior is not foreign to who they.

We live in a planet where evil is a custom. Where evil follows generation after generation. Some may call it generational spirits but only here on earth do four generations of women get raped. Where a single bloodline going to ten generations, all cry of physically abusive husbands. Where

we get betrayed by our friends over and over again. Where people lie to each other and about each other over and over again. Where mothers kill their own children and were children kill their own parents. Evil, unkindness, hurt and pain have become a world pattern and custom, it's nothing new. Maybe it is how some people are raised, but do grown men still need to be raised. If their mothers failed to do the job what makes the world think they can. People think the world is just a stage. And the sun will forever keep on raising and setting, the excuse and full explanation to our pain is always that life goes on.

A poem from Shakespeare's play: As you like it.

### **The seven ages of life**

All the world's a stage,  
And all the men and women merely players;  
They have their exits and their entrances,  
And one man in his time plays many parts,  
His acts being seven ages. At first, the infant,  
Mewling and puking in the nurse's arms.  
Then the whining schoolboy, with his satchel  
And shining morning face, creeping like snail  
Unwillingly to school. And then the lover,  
Sighing like furnace, with a woeful ballad  
Made to his mistress' eyebrow. Then a soldier,  
Full of strange oaths and bearded like the pard,  
Jealous in honor, sudden and quick in quarrel,  
Seeking the bubble reputation  
Even in the cannon's mouth. And then the justice,  
In fair round belly with good capon lined,

With eyes severe and beard of formal cut,  
Full of wise saws and modern instances;  
And so he plays his part. The sixth age shifts  
Into the lean and slippered pantaloon,  
With spectacles on nose and pouch on side;  
His youthful hose, well saved, a world too wide  
For his shrunk shank, and his big manly voice,  
Turning again toward childish treble, pipes  
And whistles in his sound. Last scene of all,  
That ends this strange eventful history,  
Is second childishness and mere oblivion,  
Sans teeth, sans eyes, sans taste, sans everything.

The seven ages is the natural life stages: birth, old age and then death. He ridicules life by claiming it's just a show. Jaques says life is just a show meant to go on typical and cliché and that in context, investing in love is a waste of time. No human feeling or reaction to pain, suffering, hatred, betrayal, anguish and distress is shown. This poem is correct in saying that everyone is meant to experience different stages of life so that it can be clearly defined as a complete life but then and in today's modern world where health and education have reached maximum potential, not all people reach the end of all seven stages of life due to murder, suicide bombings and terrorist attacks. Not many people are living complete lives, because of how the world is accustomed to pain, hurt and suffering. From the days of Shakespeare to now, the world seems to be desensitized from pain and behaves as if life should just keep on going as if nothing is changing. Today it is all about me, myself and I.