

WALK
A MILE
IN MY
SHOES

Size 7 1 Or 2walk A Mile In My Shoes

**Lady Charmaine Day and Mike Troy
aka Brooklyn Mike**

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Size 7 1/2: Walk A Mile In My Shoes Lady Charmaine Day, 2007-08-07 Homecoming Queen Senior Class President Yearbook Editor National Honor Society Member Cornell and Columbia Graduate Wife Daughter Sister Business Owner Christian Consultant HR Professional but there is so much more to her story No one knows what you've been through until they've walked a mile in your shoes Lady Charmaine Day has gotten the courage to tell her story through pictures poems and a brief narrative about a life of public triumph over personal adversity When I wrote my book Zero Mathematics The Science of Today I was at the end of the line I truly had been there and done that and wanted wisdom After writing that book I realized that no one knew the story behind the smile I invite you in so that you can understand my past to appreciate how I value the present a gift of happiness only God could have given me and one that he can bless you with too One Step From Insanity Lady Charmaine Day, 2008-02-06 People often say I almost lost my mind or I'm about to lose my mind You make me feel crazy or insane Yet few people have actually lost it went crazy What does an insane person think about What do you contemplate as your mind recovers from being insane what thoughts flow through it These are the actual words that I wrote while insane Welcome to the inside of my brain *H.E.E.D. S.I.M.P.L.E.* Lady Charmaine Day, 2011-12-01 It took me over twenty years to teach myself and create the H E E D S I M P L E Model I created this model by losing everything my self image was tied to the lies I and others told me to find out and deal with reality versus perception and manage my own expectations for my life not what was expected of me or what ladies gentleman Christians or good girls and boys are supposed to do I dropped the S from my chest S standing for Savior Superwoman superstitious small scared you take your pick and picked up the truth the Bible And put the true Savior first in my life Jesus By being a voice speaking words of wisdom my point of view from listening and observing I have learned that no one deserves to be abused especially by themselves When you deny yourself you are acting insane Denial of self is insanity and self abuse Without a true vision of who you are you are dead empty without hope and purpose When you know who and whose you are life begins The H E E D S I M P L E Model Take H E E D Have Eyes Ears Do Have you already have everything you need to Be and Do Work with what you have in order to get more of what you got Eyes Have eyes to see who and whose you are the gifts you have been given and the people you are around Grow where you are planted by seeing you your environment and purpose Ears Have ears that hear the truth and takes action on it Ears which know when they hear lies and discards it is sensitive to the spirit and its prompting Do Do your dream Right now where you are at do you Be now what you are hoping to become Just be your dream Do S I M P L E Self Image Management by monitoring managing and maintaining your own perceptions lies and expectations of your life I wish someone would have told me along the way the H E E D S I M P L E Model and the other information that is contained within this book I truly believe life lessons can be learned through reading and hearing information that helps you grow on all levels mentally physically and spiritually H E E D S I M P L E was written to help serve and build others up by furthering describing

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