

# INTRODUCTION



All of us get punched in the gut with challenging events and adversity at some point in life, and many times, when it's least expected. You've probably heard the usual phrases of encouragement: when the going gets tough, the tough get going; move on with confidence; and what doesn't kill you makes you stronger. While I find value in all of those, what resonates with me the most is that we must own our life's choices and take swift action for this rejuvenating strength to come alive!

This book is about two women's struggles and accomplishments through the meandering river of life. This is the story of my mother and I, our trials and our triumphs. Our stories include the ebbs and flows through the inevitable adversities we all experience. I am no different than you, and I can attest that whatever circumstances you face, you can also overcome them with perseverance, hope, drive, and courage.

When I say meandering river, I truly mean that, as this story starts by the ever-flowing waters of a river that makes numerous headlines these days—the Rio Grande River in the southernmost tip of Texas. It begins in a Mexican border city called Matamoros, Tamaulipas, and winds its way to the humble, friendly, and, at times, melancholic city of Brownsville, Texas. I say that because of the many hardships that are endured by its residents due to being a growing city on the border of the Texas—Mexico Rio Grande Valley.

Our experiences may make you laugh, cry, reflect, but my hope in sharing is to encourage you to take action. So if you, like me, have ever had financial struggles, challenges at school, or a bad review at work, if you went through a divorce, had trouble bearing children, or gave life to a special someone who was diagnosed with “failure to thrive” or some other unique diagnosis, or if you are simply struggling with the rat race trying to balance family and career life, this book is for you.

I know in my heart that you will relate to some of it, and most importantly that you'll enjoy the reality that comes to life as you flip through these pages...and ultimately, be INSPIRED to take action for your best self. So let's start this journey together!