Empowerment: A Book Review About Fulfilling Your Destiny
Using Eight Personal Steps

Author1, ORCID: https://orcid.org/0000-0002-5530-5675
Author 1 Affiliation: Leonard. B. Jackson, EdD, University of Phoenix, Phoenix, AZ

Author 2, ORCID: https://orcid.org/0000-0001-6140-236x
Author 2 Affiliation: Taurus J. Jackson, DM/IST, University of Phoenix, Phoenix, AZ

SC Classification Genre: Book Review

Creative Commons Attribution

© The Authors. 2021. This is an open-access publication through Scholar Chatter Society of Academic Publishers.

Abstract

Many of us want to improve, grow, and succeed in life. Although we cannot change our circumstances, our circumstances should not stop us from reaching our destiny (Hall, 2020). Everything we want out of life is within our reach. We just cannot give up. These topics are the essence of what Hall discusses as she takes us on a journey through eight steps of personal empowerment. We have to go through trials to come out on the other side. Based on these eight steps of empowerment, Hall discusses how these steps will guide us to our next chapter in life. We have the power: the power to choose how personal experiences can ultimately impact our personal, work, and professional relationships.

Introduction

There is empowerment within us. One of the first steps Hall discusses is commitment. Chapter 1, step 1, is about commitment to keeping an empowered mindset. Empowerment has become a threshold framework for self-care (Joseph, 2020). Hall starts the initial chapter by asking a series of questions such as “What does empowerment really mean?” “What does empowerment look like?” (Hall, 2020, p. 4). She answers this by detailing her life and how it fell apart. She talked about how her life took a turn being a mother of four at the age of 29. For the first time in her life, she had no control over how her life was spiraling. She stated, “I was living in a homeless shelter with my husband and our four kids hopeless with nowhere to go” (Hall, 2020, p. 4). She felt powerless because she was still trying to live her life according to her
parents. The parents wanted her to have this “rosy” life, but it was not her reality. She took all she could take of living in the homeless life. Finally, she decided to pick up the pieces and put her life back together. The first thing she did to feel empowered was to put what her life would like on paper (Hall, 2020).

**Review**

Hall supported her main themes by providing explicit and personal examples of each theme and how individuals can discover their own empowerment experience or at least provide a potential roadmap. Empowerment has become a threshold framework for self-care (Joseph, 2020). Researchers often state that personal empowerment is associated with far greater well-being than what meets the eye (Conlin et al., 2021; Parenteau & Wu, 2021). We all should want to feel empowered enough to grow and inspire ourselves to become better. The takeaway in Chapter 1, step 1, is to develop a mindset to create goals, sticking with the goals, and remaining committed to achieving these goals” (Hall, 2020, p. 4). These steps are what will lead to taking back your powers.

The second chapter focuses on what you can control (Hall, 2020). This control involves step 2, controlling our attitudes, drive, and hopes. Although we cannot change our circumstances, we still should strive and make every effort to reach our destiny. Chapter 2, step 2, takes on a more remorseful tone. Hall discusses how she was not only depressed but also noticed how she had fallen into a deep dark depression (Hall, 2020). She had prior meetings set up with case manager after case manager to discuss her homeless situation. However, it was even more depressing for her to talk aloud about it. Hall seemed down, broken, depressed, lost during the process. She was just in the moment, like a shell of herself. Therefore, she wanted to remove herself from the moment of feeling depressed, so she relied on the serenity prayer to gain back control of her attitude, drive, and hope (Hall, 2020).

Chapter 3, step 3, is about becoming resourceful and empowered (Hall, 2020). She begins this chapter with a quote from Maya Angelou (Hall, 2020). She writes how “nothing can dim the light that shines from within.” This seems to be true for Hall. By the time she shares step 3 in Chapter 3, she finally saw the light, persevered, and became a college graduate (Hall, 2020). Success is not given or achieved overnight. However, we can become empowered when we stick to our goals and make ourselves a valuable resource; by keeping a commitment to maintaining an empowered mindset (Hall, 2020). She was able to see the light of her own life (Hall, 2020). She began seeing what her parents saw for her life years earlier and led her to become resourceful with what she had. She might not have had much during this point in her life. However, she made herself a resource. It is not always about what you get; it is about maintaining what you have and doing the work to keep it (Hall, 2020). She ends Chapter 3, step 3, with a list of questions, “How does one accomplish their goals?” “How does one focus on setting goals?” (Hall, 2020, p. 16).

Chapter 4, step 4, deals with the question: What do you do after you have learned to pick yourself up and pick up the pieces? This, too, is a part of being empowered (Joseph, 2020). Hall does a full circle moment with this goal/chapter. She starts the chapter out with step 4, “trust yourself with the most strategic action and decision.” We need to know that we must also make wise decisions and take back our power to become more empowered. We must know when these decisions are “wise” and when these decisions are “not so wise” (Hall, 2020, p. 19). She
discussed being at a standpoint in her career, feeling not good enough or worthy of reaching a higher goal in her higher education career.

Chapter 5, step 5, is all about reclaiming her time and being fierce in the process. Alas, Chapter 5 is about being resilient. So, step 5 is to become resilient. Hall (2020) discusses being “divorced from the past” (p. 26). Chapter 5, in particular, encompasses the majority of her eight steps toward destiny and empowerment. Hall’s quote “divorce from the past” screams, “don’t give in [...] don’t throw in the towel.” As reviewers of this empowerment book, we feel as if this is the apex chapter (climax); there will be victory after this—in a sense. In addition, it is imperative to do the right things, stay on one’s path to success, surround yourself with allies, remain faithful that you will come out on the winning side, and all of this will prepare your journey toward your true destiny.

Chapter 6, step 6, practicing self-reflection. She discussed how her father had unfortunately passed away by this time, so it was time she empowered herself once more by having a full self-reflection on how her life would be without her father. Her father was her rock, and now her rock is no longer alive; what was she to do? It stands to reason that we must reflect on our own lives along this empowerment journey. She allowed GOD to help guide her every decision from this moment forward.

Chapter 7, step 7, is rewarding yourself by grounding yourself. In other words, it is time to take a more personal claim along this self-empowerment journey. She details an important step within this step; “grounding does provide a way to gain control over one’s mental state from getting worse (Hall, 2020). In this part of the self-empowerment journey, we must ground ourselves in two ways: mental grounding and physical grounding. Mental grounding, according to Hall (2020), means being able to feel empowered in your environment, and physical grounding means to indulge in your guilty pleasures without feeling “guilty” (Hall, 2020, p. 38).

The last chapter brings it all together. Chapter 8, step 8, reflects having positive energy and a strong prayer life despite the circumstances. Step 8 is remembering the power of positive energy and prayer and is the last goal on the self-empowering journey. Once one realizes the power of prayer, it will help us control and get rid of negative energy and thoughts and help us realize there is power in positive energy. The positive energy can be in the prayers or the strong force within the universe. She ends the book with this quote, “I am blessed, and I have all the positive energy I need to help me make it from day to day” (Hall, 2020, p. 44).

Discussion

Everything we want out of life is within our reach. We just cannot give up. Not giving up is the essence of what Hall discusses as she takes us on a journey through eight steps of personal empowerment. We have to go through trials to come out on the other side. Based on these eight steps of empowerment, Hall discusses how these steps will guide us to our next chapter in life. We have the power: the power to choose how personal experiences can ultimately impact our personal, work, and professional relationships.

Researchers often state that personal empowerment is associated with far greater well-being than what meets the eye (Conlin et al., 2021; Parenteau & Wu, 2021). Therefore, research enforces the importance of self-improvement and having the desire to do the work. However,
Joseph (2020) stated personal empowerment is not an overnight fix. It takes emotional, mental, and physical energy to forge through obstacles.

A collective action viewed as a mechanism with critical consciousness can be associated with greater well-being (Parenteau & Wu, 2021). The Daughter of Destiny: How 8 Steps Can Lead You to Personal Empowerment is a self-help empowerment book that reaches the core. It is a motivational tool for people who feel like giving up. It can be challenging to be at the lowest point of life, not feeling very sure of yourself, and get stuck in a rut. However, Hall encourages all her readers to keep going; do not give up. Everyone can claim back one’s strength and do what one has been called to do. Each chapter or goal focuses on a holistic approach to becoming empowered. The Daughter of Destiny: How 8 Steps Can Lead You to Personal Empowerment is a book that can reach individuals that may feel like they are at their life’s end (Conlin et al., 2021). These steps can help talk someone off the edge; it reaches the core. It is a motivational tool for people who feel like giving up.

We may often come from broken situations, but it does not define the outcome of our lives. Hall took a deep dive into the pain she experienced from the loss of her dad. It is important to “go through the pain” in order to “heal” (Hall, 2020; Parenteau & Wu, 2021). We would also like to highlight the noted strengths found throughout the book. For example, Hall provided powerful scriptural based quotes at the beginning of each chapter to lead into her topic for each chapter. The quotes set up the chapters, which provided a window into Hall’s most inner thoughts. The opening quotes proved effective, as she toggled between her inner thoughts and her reality. Emphasizing how positive words or affirmations affect one’s well-being can be beneficial in the self-healing process. The self-healing process shows resistance, ensuring a long-term effect and understanding (Siekkinen et al., 2021). Hall also suggested that people learn how to forgive themselves and emphasize the importance of surrounding themselves with people who love them most (2020). The overall message gathered from the empowerment lessons Hall speaks of in each chapter seems to be wanting more out of life. Hall provided important lessons as well as tips to help readers improve in life and be successful. Hall wants readers to know that we may not be able to change our circumstances, but it should not stop us from chasing our destiny (Parenteau & Wu, 2021). More importantly, everything we want out of life awaits us on the other side. Therefore, we should never throw in the towel and give up (Parenteau & Wu, 2021; Siekkinen et al., 2021).

Conclusion

The authors of this book review recommend reading this book, The Daughter of Destiny: How 8 Steps Can Lead You to Personal Empowerment, as Hall provides steps we all could take to become better empowered (Hall, 2020). We think Hall fulfills the purpose of the book. She opens the reader’s eyes by detailing her life and how her own eight steps to personal empowerment helped her overcome her personal challenges in life. The content formatting resembles the writing style of a personal journal. She presented the eight steps well. We concluded our research findings on personal empowerment is critical to self-healing. Anyone could find these eight steps valuable.
Funding

The authors received no financial support for the research, authorship, and/or publication of this article.

Acknowledgments

Drs. Leonard B. Jackson and Taurus J. Jackson would like to express gratitude to Dr. Julie Conzelmann for the continued support for having space and opportunities for publication. Thanks also to Scholar Chatter Society of Academic Publishers for the outlet and Janelle C. Hall, Ph.D., for sending us a copy to review. The book is well worth the read, and it will help many other people heal.

References


