

A letter to my
daughters

Fatherly wisdom about
life, love, and relationships

Keith Hudson



delays. Second, running into the guys at the store. If it were not for the delays, I would not have run into Len, Doc, and Willie. Third, my wife pushing me out the door to attend a bachelor party with a group of guys who had always gotten me into trouble with women.

For whatever strange reasons, I was meant to be at that party.

contents



| | |
|---------------------------------------|-----|
| introduction | 1 |
| Destiny | 3 |
| The bachelor party | 11 |
| The dangers of procrastination | 17 |
| Writing these letters | 23 |
| My credentials to write these letters | 27 |
| The intent of these letters | 37 |
| | |
| preparing your mind | 45 |
| Clearing your mind | 47 |
| Testing the spirit | 59 |
| About advice | 73 |
| Knowledge, wisdom, understanding | 87 |
| Living a blessed life | 93 |
| | |
| your mental health | 101 |
| Dealing with stress | x |
| Why depression is your friend | x |
| Peer pressure | x |
| Suicide | x |
| Building self confidence; self esteem | x |
| The beauty trap | x |