

MBOCKY

HOW TO
BANNISH
HOMOSEXUALITY
FROM OUR
CHILDREN'S
HEADS?

★★★★★

THE EFFECTS OF
CORONA
ON OUR
MENTAL
HEALTH

HOW
DO OUR
MORNING
STATEMENTS
KEEP US
MOTIVATED
ALL DAY
LONG

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SHE'S IN A
I KNOW IT,
BUT I STILL
STAY.

Miss. **Ngnintedem**
Real Estate
Advisor in Grrmany



**Real estate investment is a safe value. Woman I did it,
you can too.**

Madelle Ngnintedem



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EDITO

DOMESTIC VIOLENCE: A REALITY THAT CHALLENGES AFRICAN WOMEN

Dear readers, I am happy and honoured to meet you after four weeks of diverse events. The past month has given us the opportunity to celebrate the woman as a mother across the globe, in all her splendour, in all her greatness, and mainly for the countless sacrifices she makes on a daily basis for her family. This image of the woman-mother is even better perceived in the African woman nature. The latter is indeed a proud warrior, a model of dynamism and a silent victim of serious violence she suffers in her household or in her romantic relationships.





In fact, although domestic violence is a worldwide phenomenon, it is more prevalent in Africa, where it is still little fought. As a result, cases of women who are victims of these horrors are diverse, and not a day goes by without a woman being beaten and abruptly taken away from life by her supposed-partner. Such a reality deserves our special attention. We are therefore invited, girls or women, married or single, to think of strategies for self-protection and self-defence.

In congratulating us on our continued deployment for a prosperous Africa, let me remind us of the importance of preserving our lives by protecting ourselves from this serious attack on our fundamental rights. Let us therefore be living mothers beside our children, and not lifeless mothers deprived of any possibility to protect our offspring to whom we very often attribute our resignation to die in silence and inertia.

Pulchérie Delboise Ngo Nlengui



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HOW MORNING AFFIRMATIONS CAN KEEP YOU MOTIVATED

Keeping our-selves motivated in every circumstance is a positive way to keep moving forward, no matter what kind of hurdle comes your way. Morning affirmations can help you do well in your life. It can help you set a tone for your upcoming day.

1. TOP WAYS MORNING AFFIRMATIONS CAN BE HELPFUL TO MOTIVATE YOU:

Here are some of the reasons why morning affirmations will push you to take the next step ahead.

2. ACTIVATES OUR SUB-CONSCIOUSNESS

Affirmations can encourage us to be ready for the next step and cause our sub consciousness to activate, which clears our mind about the necessary things needed in life. Thus it can cause us to start our day with a positive mindset in many aspects.

3. FEELING GOOD ABOUT THE FUTURE

Reciting positive statements will cause you to have a positive aspect on life and the tasks in general as well. No matter how hard the next trial may be, positive affirmations boost your self-esteem so that you can have a positive and better outlook toward the future. Believing to make a positive impact every day will motivate you further to maintain a healthy mindset, hence making you happier and optimistic.

4. STRESS REDUCER

Suggesting ourselves to think straight and clearer, may reduce the level of stress and encourage our brain to think clearer and faster in any case. With lesser stress and increased ability to solve matters, it can motivate us to be confident in ourselves to overcome any hurdle.

5. PROBLEM SOLVER

Research from Carnegie Mellon show that people tend to solve problems quicker and better with positive affirmations. Thus, in occasions which need quick problem solving, we need to reassure ourselves that we can solve the circumstance if we think clearly at the time.

Determining that you can work your way out of a situation will surely cause you to figure ways out, instead of thinking about how will you solve it.

6. IT STARTS WITH YOU

Positive affirmations usually start with the letter "I" causing you to realize that you are in power of your life and you can achieve as long as you keep up the strength. Improving yourself first will push you to your boundaries and you can succeed early!

7. EMOTIONAL STABILITY

Being grateful and wishful is also a form of affirmation which can unknowingly motivate you! For instance, mourning about something that caused you to fail, can also be seen in the sense that it has taught you about new things which will improve you to do it better. It improves the way we look at things and creates a positive outlook in hard times.

8. CLEARER GOALS

Realizing your goals is a part of self-realization, which is very important to keep ourselves motivated throughout our life. People with no goals often find themselves lost, while people with unrealistic goals tend not to realize that the reason they are failing is because they are not true to themselves.

So, staying connected with yourself daily is a highly essential part of being motivated.

FINAL THOUGHTS

I hope these reasons will make you appreciate how affirmations can spread positivity in your mind and daily life. Using affirmations that resonate with you are important and can motivate your every day.

m b o c k y



7 design



Interview with Madelle

Ngnintedem - Real Estate Investor

1 - How do you present yourself in a few lines?

My name is Madelle Ngnintedem, mother of 4 children, Real Estate Investor, real estate agent, financial advisor, CEO of M1 Immobilien and creator of the Youtube channel "Real Estate in Germany".

2 - What do you regret the most in your life:

On the business side, it is not having started with real estate investing in Germany earlier.

3 - How do you manage to play your triple role of wife, mother and entrepreneur:

Yes this takes a lot of discipline and organization. Because it is very important not to neglect your role as wife and mother. To that end, the thought of buying a Thermomix to dramatically reduce my cooking time to focus on the important things has been racking my mind for a while.

4 - What has been the biggest difficulty in your life as an entrepreneur?

Find the strength to keep going even when things aren't going the way you would like.

5 - How do you manage to stay competitive in your field?

For me 2 points are important, namely:
The authenticity and satisfaction of your customers should be your top priority.

Thank you Madam.



Why African men are worried about finding a job

It is no doubt that African men are mostly of dark complexion, which is one of the greatest obstacles to getting a promising job. They are not treated fairly as compared to the other population because of their dark complexion.

Black people are not treated well enough in Institutions and job places. We will discuss some of the reasons which make it difficult for African men to find a suitable job according to their skills and education.

Reasons that Make African men worried about finding a job
There are various reasons which make it difficult for African men to find a good job for themselves. Some of them are discussed in detail in the given section.

1. Complexion

The complexion is no doubt one of the greatest obstacles in the way of African men. Black people are not considered equal to white people even in this era of the modern world. They are not given proper and equal rights, so most of their educational background and skills are neglected.

White people are preferred at various job places by offering them good posts and huge opportunities. The black complexion is one of the main reasons that restrict African men from getting a quality job.



2. Race and creed

It is one of the other reasons which do not let African men have proper jobs. Because they belong from an African background considered an underdeveloped continent, they are not provided with proper opportunities to meet their daily requirements.

The employers think that they will not perform their duties well enough because of their background and culture. They think they will not be aware of the modern technology and methods.



3. Discrimination

Huge discrimination is shown to the African population, making African men worried about their job status. They are not provided with good job opportunities because of the aforementioned reasons. No matter which part of the world to visit, you will find clear discrimination among the entire population and African population. Discrimination is not just present in working areas but also in various other fields of life. It makes it very difficult for African men and women to survive peacefully in any continent of the world.



4. Educational background

It is considered that the educational background of African when is not as strong as other populations. It is because they have not been given proper opportunities regarding educational activities. At a very young age, they're bullied at school and colleges, which makes it difficult for them to focus on their studies.

There are some biased Institutions which do not even let the African kids have education among the other people of different race and color. This is another reason for African men to worry about great job opportunities.



Conclusion

Some of the reasons which make African men about their job status are mentioned above. There are several other reasons which make it difficult for African men and women to find the job according to their skills and experiences.

HOW **CORONA** IS DAMAGING OUR MENTAL HEALTH

R

mentioned as follows.

Research says that during the covid-19 pandemic substance use and deterioration of mental health has substantially increased. In January 2021 after a comprehensive survey, it was deduced that 41.1% of the people have the symptoms of anxiety and depressive disorder. Covid-19 is damaging our mental health in numerous ways. Some of them are

How Corona is troubling us Mentally?

Let's dig deep to know the facts on different age group people

Effect on young Adults

Young adults have been facing the most because of Covid-19 pandemic for two major reasons.

- Because of closure of universities students are locked at their homes with no physical and emotional contact with their friends which is causing them to go into depression.
- Students who are looking for jobs to support their families are in the most critical situation as many of the companies are reducing their workforce to cope up with the losses they are facing.

Because of these circumstances, young adults are more likely to report substance abuse and suicidal thoughts.

Effect on Parents

Parents, especially mothers, are facing depressive disorder because of the closure of schools. Parents are having concerns related to wellbeing of children as many of the students have reported to have after effects of the Covid pandemic.
Effect on Children

Children in school are engaged in many physical and mental activities that keep them active and creative. Even Though, students are studying online, it's not the same. Children are having many after effects of lockdown which include.

- Excessive eating
- Excessive crying
- Losing interest in favorite activities.
- Increase in weight
- Difficulty in concentration

Effect on health workers

The health workers who are fighting at the front line trying to save lives and protecting the society are also mentally affected because of Covid-19. As they have to face many obstacles standing on the front line.

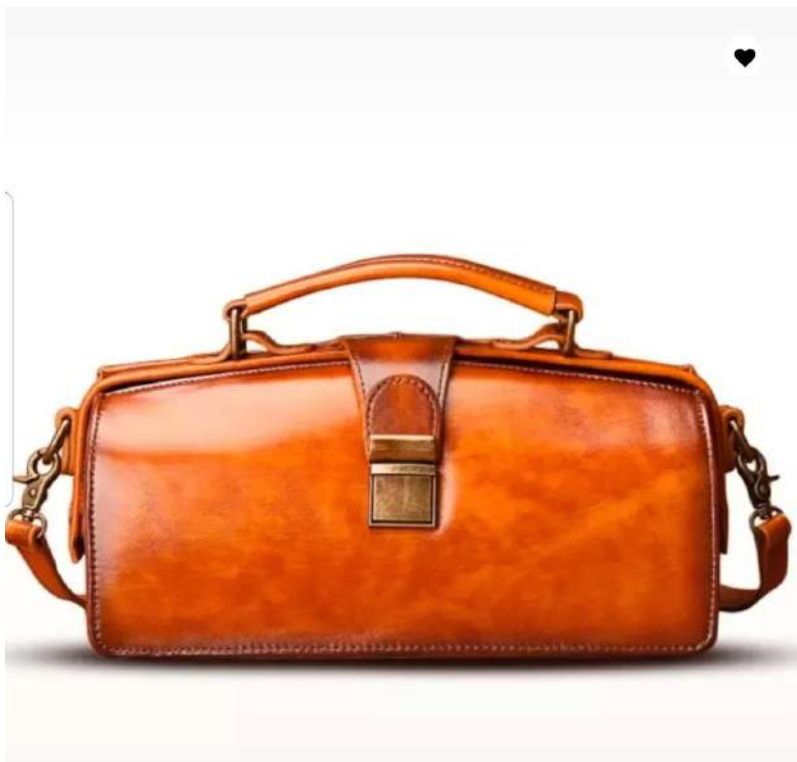
- They are in contact with patients who are a victim of covid. They are in constant threat of catching the disease.
- They have to see people die on the hospital bed every day which is heartbreaking and causes mental instability.
- They have to work overtime because of the increase in patients every passing day.
- They have to break disturbing news to the family members of the lost patients which is the hardest part of the job.

All these factors become the cause of mental instability for the health workers all around the world.

Conclusion

Even though, Covid-19 is a life threatening disease however, it is not the only thing that should be the center of attention. Mental health care services are also important at a time like this. Rehabilitation centers should be established all around the world providing services to those in need. It should not just be restricted to major cities but mental health care centers should also be open in rural areas.

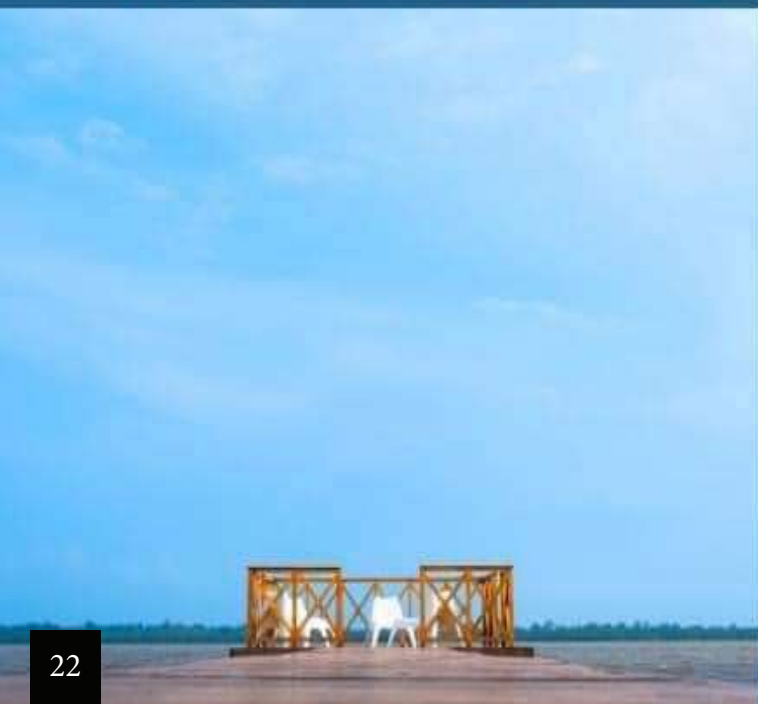




TRAVEL

MALIANE LODGE ADIAKÉ

Located 95 km from Abidjan amid fields of coconut, rubber and palm trees, the Maliane Lodge occupies a privileged position opposite the Ehotilé Islands, in the Adiaké sub-prefecture. With its facade and its 120 m beach on the lagoon, this magnificent luxury Lodge offers you more than 6000 m² of garden to relax with family or friends.



LE SAVIEZ-VOUS?

**AU MALIANE LODGE, CHACUNE DE NOS
VILLAS EST DOTÉE DE SA PISCINE PRIVÉE
ET DE SON PONTON PRIVÉ**

VOUS ÊTES UNIQUE !

You will enjoy an exceptional stay in one of the villas with all the amenities (2 bedrooms, living room and kitchen), each unit has a swimming pool, a beach and a private jetty. Sip a romantic cocktail relaxed on your deckchairs, take a dip in your swimming pool or take a stroll on the nearby islands which will bring you luxury, calm and pleasure. You will admire the sunset and can then, if you wish, dine on your pontoon or at the place of your choice on the property.

The idea is that you are THE MASTER OF THE GAME! Free activities: Football, pétanque, volleyball (balls, poles and boules available to you from the staff), trampoline available in the garden. Paid activities: Cycling, hiking, fishing, tour of the region by motorized canoe: hot islands, kings' islands, Assinie canal, Assinie mouth ...

Every detail of Maliane Lodge has been thought of for your well-being, you will spend unique and unforgettable moments. Amenities: 2 independent Villas on the property Per villa: 2 bedrooms - 1 living room - 1 kitchen - 1 private pool - 1 beach - 1 private jetty 6 people maximum per villa with an additional amount of 10,000 FCFA for the rental of the 2-person mattress.

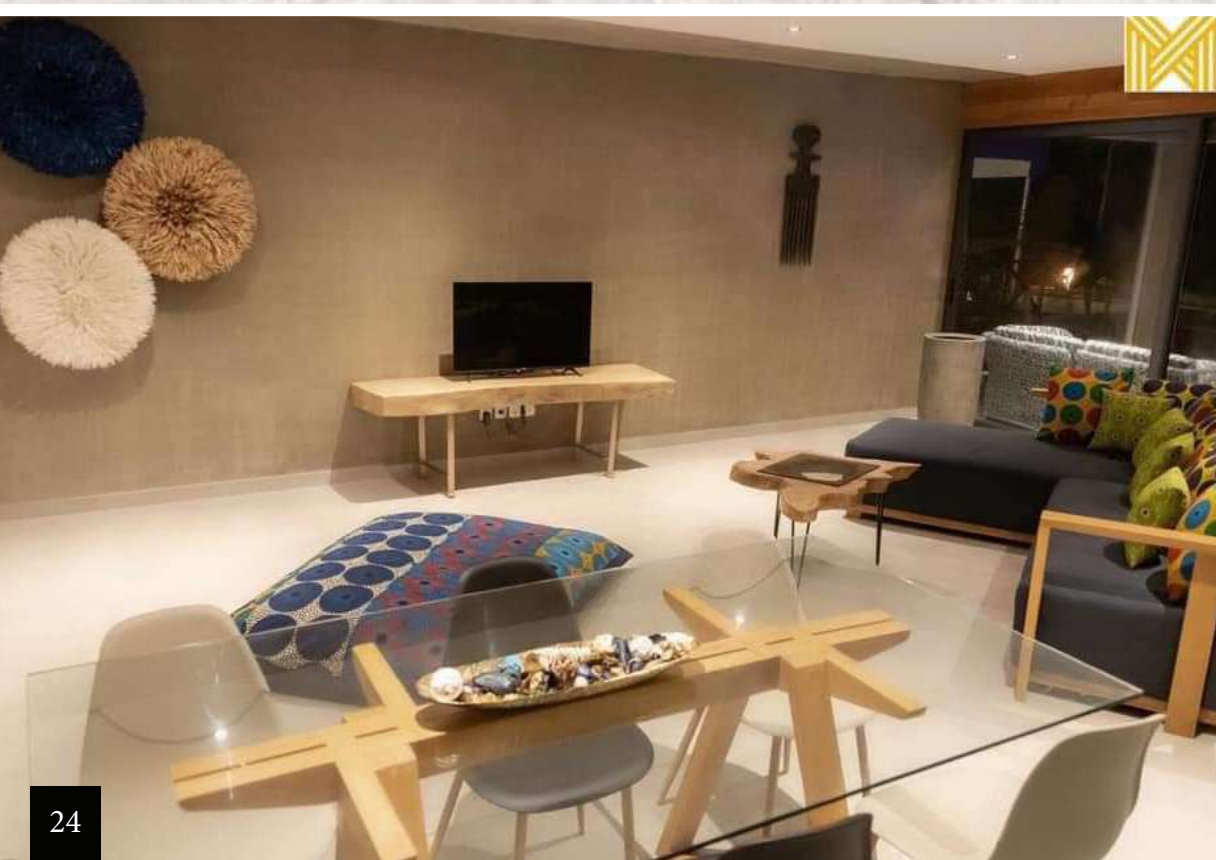
Weekend rate: 230,000 FCFA /

night Weekly rate: 200,000 FCFA /

night Parties allowed only for guests who rent the 2 villas and for a maximum of 14 people. Special events (meeting, team building, wedding, baptism ...) Price on a case-by-case basis

NB: A deposit of 100,000 FCFA is required upon entering the accommodation for the weekend, beyond 2 nights, the amount of the deposit will be considered according to the duration.

Reservations: +225 07 89 40 07 84





5 Reasons to visit Africa once in life.

Different people have different traveling dream destinations for their life. Some have icy poles of the world while others dream of visiting the popular countries' busy cities. However, some have Africa as their dream traveling destination as well. So, if you are looking for some reasons why Africa is a great place to visit, we will provide the 5 best reasons for it.

The 5 reasons why you need to visit Africa at least once in your life:

The following are the 5 reasons why you must visit Africa at least once in your life.

1. The road trip that you can enjoy for a lifetime.

Whenever Africa is discussed, one thing that comes to mind is the safari rides that you can get here. Well, the great thing about Africa is that the road trip experience that you get here is like nowhere else in the world, and you will remember it for your lifetime. It is all because of the roads, but things like Safari will also be an amazing experience for you.

2. The safari experience you get here will put you even more close to nature.

Speaking of the safari experience, this is something that you can get in the best quality only in Africa. While the goal here is not to ride a car in a natural place when you are in Africa, these safari rides can take you even closer to nature. It is mainly because you can be so close to the animal, and you can experience and explore different things.

3. The mesmerizing views you will get here are like nowhere else in the world.

Whether it is the sunset view from some beaches in Africa or the sun rising, you get to see some mountain top. It will be a sight that you may not find anywhere else in the world. The views you get in Africa are mesmerizing in that they are very difficult to convert into words.

4. The beaches and cities are great as well.

Talking about the natural things you can see in Africa, the top on the list after all these mentioned above are the beaches and cities. The surprising thing here is that there are many beaches in Africa and a lot of them have won awards for being very beautiful and attractive. At the same time. The cities of Africa have a lot of African cultures to offer. The cities like Johannesburg are a must-visit for almost everyone.

5. Africa can provide you some great hiking experiences.

The last reason for visiting Africa at least once in your life is the mountain experience that you will get here. Think by yourself what where in the world will you get to see Victoria Falls. The hiking experience to get on top of the mountains and the sight you will see from the top will be like nowhere else in the world.

Final Thoughts

Africa is a place so good that everyone who gets a chance to visit it must do so. Here we discussed 5 reasons why everyone must visit Africa at least once in their life.

HOW TO BANNISH HOMOSEXUALITY FROM OUR CHILDREN'S HEADS?

Some animals are born with an instinctive sexual orientation. The rooster for example, to mate will only go to the hen. Men, on the other hand, if they are born with a sexual orientation, can make their own choices. This is how we meet some men or women who decide to go to sexual partners of the same gender. For those like me who think that nature itself tells us the pattern of sexual orientation in humans, that is, a man with a woman, it is difficult to see our children moving towards homosexuality. One can rightly ask how to remove them? But first, why do they do it?

WHY ARE OUR CHILDREN BECOMING HOMOSEXUAL?

The Allure of the Forbidden: Children have a natural instinct for discovery. They always want to know what's on the other side. Also when we tell them that homosexuality is not good, we excite their curiosity and they want to know why.

Group pressure: More and more people are doing it in their youth group. So, to be accepted into the group, you have to conform to the group's model of life.

The media: More and more homosexuality is presented as a free choice of life, which everyone assumes. But more and more happy homosexuals are being introduced, which instills in our children that this is a good thing.

HOW TO REMOVE THEM?

Talk to them: Yes, don't assume they know homosexuality is bad. You have to tell them, better "sell" this idea to them. It must be recognized that there are advantages, but the disadvantages are far greater and the "advantages" backfire later.

Listen to them: Let them speak freely. Don't threaten them. Don't make them accept your point of view, be calm, logical, convincing. Combine them with your logical reasoning, get them to draw the conclusion themselves.

Expose them to other influences: Pay attention to the direction of the TV channels you watch at home, introduce them to new friends, do joint activities, suggest activities that will get them to think of something else. Guide them towards their studies, towards other challenges. Excite their ego, it is not the others who have to decide how they are going to lead their life.

Be reasonable: Accept that the wind of homosexuality is spreading more and more, and there is nothing you can do about it. But at least you can make sure it "goes through" your kids without stopping.

Par Micheline SAME
Coach parental certifiée, accompagnateur
psychologique



MY STORY

“She as a couple I know but that doesn’t stop me”

Hello Mbocky Team,

I am Arnaud I am 31 years old and I live in Yaoundé in Cameroon. I am not yet married and I have no children either; what prompts me to write to you today is to express this pain that gnaws at me deep inside.

On a sentimental level, since I was a teenager I have always been a runner but that does not mean that I did not have remorse every time I imagined the face engulfed in tears of those I was cradling with. illusions of a future for two.

Only I believe that today I am beginning to feel the karmic effect of my past actions. Indeed, in my many ballads, I once met Deborah. Deborah is a young entrepreneur in the beauty industry precisely cosmetics I think she made the best choice because she really knows how to get out of the way. Her skin looks like she sleeps in a basin filled with milk.

Debo and I saw each other every Sunday at this terrace where we loved to have a drink and each meeting left me with pleasant memories, I was not only captivated by her beauty, and her intelligence Debo had a word on any subject .

And one thing leading to another that we confided in each other, I fell in love with her only that could not be reciprocated because Debo was in a relationship. Yes for once I wanted to get involved and build on something sustainable, it had to be someone else’s wife that I wanted; and not just anyone’s wife.

Indeed, Deborah was engaged to a former high school friend and personally without any pretension I did not know what she found in her particular to this gentleman. I often asked him questions about what made the durability of his relationship; and she kept telling me about the wonderful man who shared her life and by force every day a little more I was jealous of him I didn’t want to share her I wanted her for myself so I decided to conquer it.

I am one of those who thinks that as long as you are not officially married you are “SINGLE” so Deborah not being married, I felt that I had my chance. Deborah knew how I felt for her but she didn’t want to hurt her man she was making me understand. However, I did not stop being there for her when she needed them and I gave her small gifts so that she realized the sincerity of my feelings. Unfortunately, she still did not respond favorably to my request. I am so disturbed because for once I understand how these women I was driving felt, and whose feelings I often trivialized.

My job is even affected, but I refuse to let my chance pass. Maybe I will wait until the wheel of fate will be on my side and finally I could be in the place of this man she loves so much. And if that didn’t happen how could I start my life over without my potential future wife suffering from this obsession I feel for Deborah? What to do to finally win his heart? Help me please I am dying slowly.





Baked Salmon with Simple Mango Salsa

Serves 12 / Serving size: 1 slice of salmon + 2 tablespoons mango salsa



LET'S COOK

Ingrédients:

12, 4-ounce wild-caught salmon fillets (skinless)

1/2 teaspoon sea salt

1/2 teaspoon ground black pepper

2 tablespoons olive oil

Mango Salsa:

2 mangos (peeled and diced)

1/4 cup red onion (finely chopped) 1 jalapeno pepper (minced)

1/4 cup fresh cilantro leaves (chopped)

1/4 cup fresh lime juice (~2-4 limes)

Directions:

1. Preheat oven to 350°F and line a baking sheet with parchment paper.
2. Season salmon with salt and pepper, and brush with oil. Place on baking sheet and bake for 8-10 minutes, or until salmon is cooked to an internal temperature of 145°F. Do not overcook.
3. Prepare salsa: Place diced mango, red onion, jalapeno and cilantro in medium bowl. Toss with lime juice
4. Serve each piece of salmon with 2 tablespoons of salsa as "condiment."

Nutrition Tips:

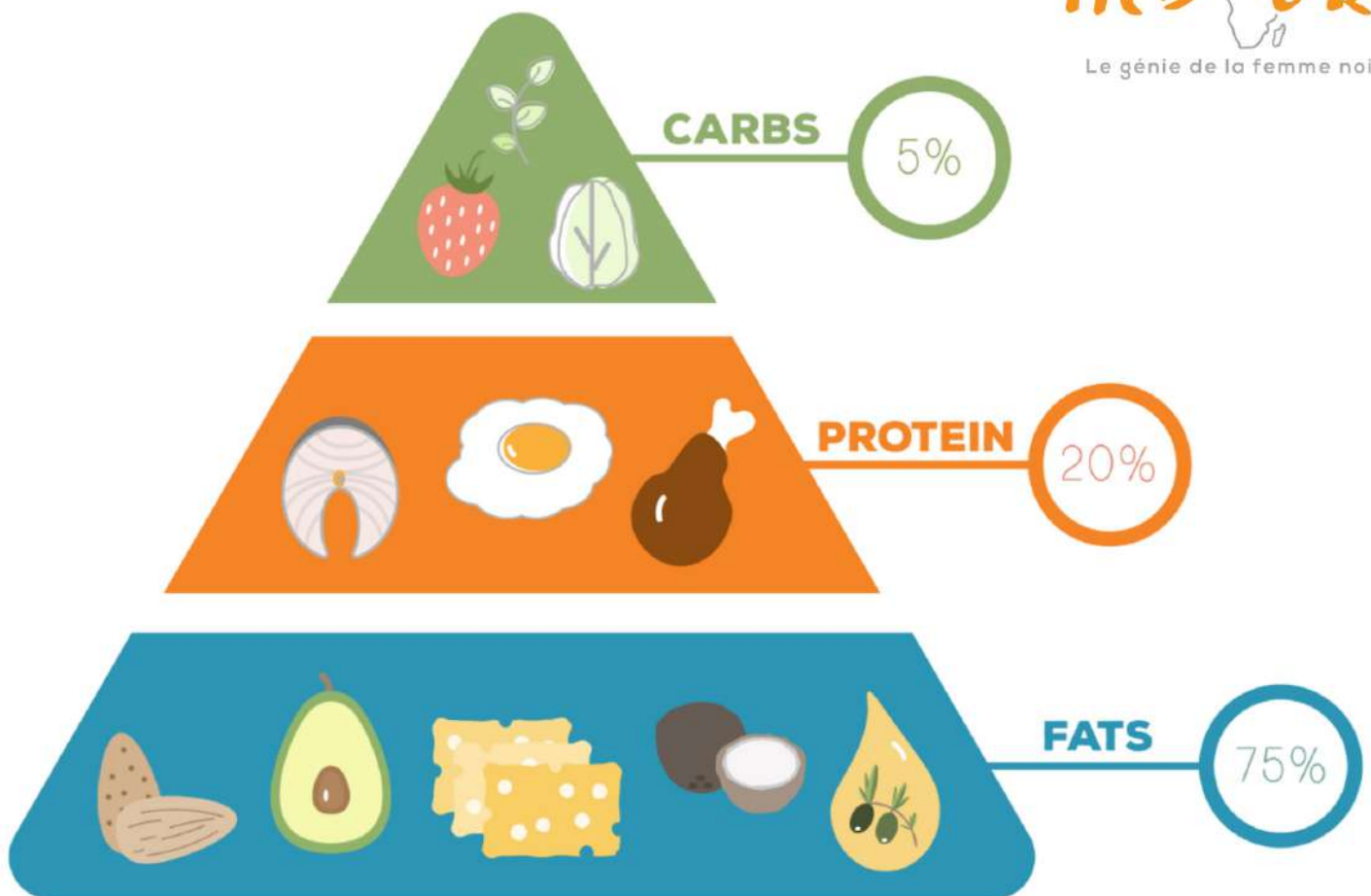
1. Homemade fruit salsa is an excellent nutritious topping for any fish/chicken/tofu dish in place of commercial condiments which commonly have excess amounts of added sugar and sodium (salt).
2. Wild salmon is a great source of omega-3 fatty acids that support brain health and which may help both mood and anxiety.

Source:

Nicolette Maggiolo is the Registered Dietitian for Home Base, a Red Sox Foundation and Massachusetts General Hospital Program, where she provides individual and group nutrition counseling to veterans and their families. Originally from New York, Nicolette brings her love of cooking, fitness and an integrative approach as she supports patients with individualized nutrition plans.

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