



Following My Instincts

Reginald B. Hayes

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Heartfelt and convincing, *Following My Instincts* by author Reginald Hayes shares an autobiographical journey of how one man made his way in the world and managed to keep his wits about him in times of adversity. Soon after the assassination of Martin Luther King, the author's father died, leaving his mother to raise nine children on her own. In this desperate time, the family rallied to become a strong unit of support, love and guidance, which helped form the man Reginald Hayes would become. Just thirteen at the time, he had already pledged his young heart to the church and became a Life Scout, which had a continued and resounding effect of tenacity, perseverance, and survival. His story captures all that is truly resilient and precious in the world. Serving as a reflection of a man who has lived each day to its fullest, his memoir shares the keys to leading a good and decent life.

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